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VEGETABLE COOKERY

A LIST OF COOKERY BOOKS

A GUIDE TO MODERN COOKERY

A. Escoffier

SIMPLE FRENCH COOKING FOR

ENGLISH HOMES

X. Marcel Boulestin

A SECOND HELPING

X. Marcel Boulestin

THE CONDUCT OF THE KITCHEN

X. Marcel Boulestin

HERBS, SALADS AND SEASONINGS

X. Marcel Boulestin

A HANDBOOK OF COOKERY

Jessie Conrad

Vegetable Cookery

by

ELIZABETH LUCAS

*(Author of
Mrs. Lucas's French Cookery Book)*



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PEPIN : What are vegetables ?

ALCUIN : The friends of the doctor, the glory of the cook.

[P. Quid sunt olera ?

A. Amici medicorum, laus coquorum.]

From the *Disputation of Pepin with Alcuin*.

—Migne, *Patrologia*, ci. 978.

P R E F A C E

NEITHER meat nor fish, as food, has a special literature. There is little that is romantic to be said of either. But vegetables have a history—too involved for relation in a book such as this—which takes us into many countries, and they have a literature which is not only charming but amusing. So it seemed worth while to preface modern receipts by the old ones from which, in many cases, they have evolved. To these I have added comments on vegetables and herbs by the old writers who delighted in their medicinal properties, so that much that is old, pleasing and even comic, may be evoked by the appearance of a simple dish of spinach, of onions, or of cabbage. The quotations have been chosen solely because they delighted the author, in the hope that they may delight others too.

This book is not for vegetarians. To the lover of good food, who has no humane objections to the eating of meat, the word vegetarianism has a stern and unattractive quality. “*Se mettre au vert*” is a phrase that admits of delicious anticipation. The Frenchman when he takes this resolve never thinks of “vegetable ducks” and such like unexquisite make-believes.

No sweet dishes made of vegetables have been included. There is something cloying in the mere suggestion of sweetened vegetables—that is, with the exception of one or two jams. Even these are greatly inferior to any made with fruit.

Throughout this book many references are made to M. M. Vilmorin-Andrieux’s Nursery Catalogue. It is invaluable to those interested in growing new varieties of vegetables. It may be obtained from 4, Quai de la Mégisserie, Paris.

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I HAVE to acknowledge most gratefully M. Albin Michel's kindness in allowing me to give several receipts from the late M. Renaudet's admirable book—*Les Secrets de la Bonne Table*.

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Messrs. Murray have allowed me to quote from Mr. Robinson's *Vegetable Garden* (the English edition of M. M. Vilmorin-Andrieux's work), to which I owe whatever knowledge I have of rare or little used vegetables. This translation has been enriched by much that deals with English culture and English needs, and is invaluable. Miss Eleanour Sinclair Rohde has also allowed me to borrow from her most interesting *A Garden of Herbs* (Herbert Jenkins); but I owe to her book much more than mere extract. She has put me in the way of finding many things in the old herbals and cookery books that I might otherwise have missed. My thanks are due to Miss Edith Martin for allowing me to include two or three of her collected *Cornish Recipes*, and to Miss McNeill for leave to use a receipt from her most delightful *Scots Kitchen*.

The quotations from Mrs. Ann Blencowe's enchanting

Receipt Book are copied from the reprint issued by Guy Chapman.

I owe much to the late Dr. Cecil Webb-Johnson for his hints on vegetables in diet.

Among the many friends who have helped me I wish especially to thank Mrs. Denis O'Sullivan, Miss Reid (for several excellent American receipts), Mrs. Grant Morris, Miss Gwynn, Madame de Szasz, Countess Benigsen, Madame Maufoux, Dr. Corton and Madame Sztolcman.

M. Herberdeau of the Carlton, M. Giordani of Kettner's Restaurant, and M. Gaudin of the Bienvenu Restaurant, have generously provided me with receipts special to their houses. So have M. Bergerand of the Hôtel de l'Etoile at Chablis, M. Pernollet of Belley, and M. Dorin of the Hotel de la Couronne at Rouen. I am particularly grateful to these gentlemen for their kindness in helping me.

And, lastly, I have to thank Miss Helen Waddell for sending me the quotation from Alcuin which adorns my front page with a halo of borrowed erudition.

GENERAL CONSIDERATIONS ON THE COOKING AND GROWING OF VEGETABLES.

"Vegetables in England are exhibited in all the simplicity of nature, like hay to horses, only, a little boiled instead of dried."

I WISH I knew the author of this poignant saying which at some time I jotted down with delight. I wish, also that it were not so true. In vegetable cookery we lag far behind our neighbours.

With the French the art of cooking is, for the most part, an inherited one. This means that French women start by knowing and *feeling* much that we have to learn with difficulty. With us a certain discipline must replace this happy aptitude. The first step in discipline is to learn the various principles and processes of cookery, without which knowledge the gift of a rare receipt is a gift thrown away. Discipline includes taking trouble in small things, and, what is harder for most English cooks, taking thought. Many women who work well dislike the mental effort of looking ahead. That we often dislike taking trouble in small things can be proved by a glance at mint sauce as it is served in inns, and also in many private houses ; at the carelessly mashed potatoes to be met with almost everywhere, and our notoriously undrained vegetables. Yet every slovenly lapse from common carefulness in cookery should be counted as a major crime, and careful preparation is generally the matter only of a few minutes' concentration on a somewhat tiresome task. Vegetable cookery to be successful will constantly demand the taking of trouble over details.

One trouble may be spared the cook. She need not be

asked to have a knowledge of vitamins. The Press and journalistic Members of the Faculty have poured out enough information on the subject to damp the feeble flame of artistry in most English cooks had they attended to the propaganda so zealously put forth. Fortunately this craze has abated. A love of good fresh vegetables, some common sense and an elementary knowledge of what is good for health, is enough for most of us. A doctor will tell us what is good in sickness. No good cook can look with anything but horror upon the dreary tables of values which have been printed and distributed to the British public.

Co-operation between the dining-room and the kitchen should be much closer than it is. There are experienced cooks who, naturally enough, like to work in secrecy. But a pleasant cook, willing to try out new ways of doing things, will be greatly encouraged by the interest of a mistress who knows something of cookery. It is the hand-in-gloveness of mistress and cook in *bourgeois* French households that makes for such a high standard of excellence.

This co-operation extends further in France. The two will often go marketing together, although it is generally the cook who sallies forth provided with a big basket, to bargain and to choose the best for the day amongst the varieties offered on the many stalls of the market, or the well-filled windows of greengrocers, who themselves know the delight of good cooking. It is part of the cook's usual daily routine and by doing her own shopping she keeps the upper hand. Here, to the detriment of many of our vegetable dishes and salads, the greengrocer (who probably knows nothing of good cooking) has his own way. Supply matches demand, and much that is of poor quality is due to our laziness in the matter of shopping.

In England, the cook would resent this break in her morning routine, and so the telephone comes into use. In no branch of cookery is it so villainous a go-between as in

that which concerns vegetables. Since, to our misfortune, we have so few markets, with their brisk competition, we must depend on the greengrocer. Now his first care must be to clear out perishable stuff, and to him the careless woman at the other end of the telephone is a godsend. "Hi, you! three lettuces for 7 Cadogan." Is that the way to be served? The best in his shop will always go to the pertinacious customer who comes in person and, knowing what she wants, gets it. The woman who makes a habit of telephoning deserves the worst that can be sent to her.

In the cooking of vegetables we are a by-word to all visitors who come to this country. The wet slab of cabbage which dogs the tourist as if it followed him from inn to inn is but one of the many manifestations of our carelessness in what should be the most delightful and healthy part of the daily régime. French, Germans, Hungarians, Swedes, Norwegians, Austrians and, last but by no means least, Americans, all know our weak spot. It should be part of our patriotism to see that this reproach is removed.

And by good vegetable cookery I do not mean elaborate cooking. It is in the simplest forms that we fail. Well-trained cooks will everywhere provide excellent elaborate dishes. I do not believe that the improvement which I desire will come until we have learnt to eat, at least once a day, one deliciously if simply prepared vegetable *as a separate course*. Love of vegetables will grow with growing attention to their quality, and this will be a step towards the improvement of national health.

The value in which vegetables are held in France may perhaps be deduced from the fact that M. Prosper Montagné's manual of army cooking (in which receipts have been drawn chiefly from serving *cuisstots*) gives twenty-six ways of cooking potatoes, and some twenty pages to vegetables in general. Our latest army manual devotes four pages to the same subject and sixteen lines to potato cookery.

In the preparation of vegetables cream improves many sauces, and it should not be accounted an extravagance, since a tablespoonful or so is all that is needed.

One thing is essential—the use of good butter. Lucien Tendret, a famous writer and cook from Brillat-Savarin's country, demanded three kinds of butter to choose from. That is superfluous and a pedantry. The thing is to choose the best that is available, and this, alas, is rarely the absolute best. The first-class restaurants get it all, heaven knows how. Delicious butter with a faintly nutty flavour is rarely to be found in private houses.

To use too much is as great a crime as to use none. Vegetables swimming in butter are nauseating. They should be turned over in it at the last moment (*enrober* is the good French word) and be eaten before it has lost its freshness.

There is still another co-operation, and a more difficult one, to be effected by those who live in the country—I mean between the house and the garden. In the majority of cases it is the gardener who dictates what the house shall be supplied with, who regulates the choice of seed or root, the length of drill and the distribution of his space between roots and tubers.

Now the gardener, however good he is, should properly speaking be under the direction of the cook—unthinkable as it may seem. It is she who should to a great extent dictate her needs. It is she who should discard everything that is too old, from peas to artichokes—and too grossly large, from cauliflowers to cucumbers. Gardeners, misled by nurserymen and shows, have a passion for size. Size and goodness have no relation, and the highly polished enormities, say of vegetable marrow, are a menace to good cookery.

In gardening, as a rule, we sow in too great quantity, and there is one economy we cling to—the using up of what is in the vegetable garden. Neither peas nor beans should

be used after they are past their best. If frequent sowings and small rows were the rule, it would never be necessary to do so. Plants that are no longer young should be torn up ruthlessly.

Many women have the opportunities of travel. And this may bring the opportunity of tasting new varieties of familiar vegetables. The names of these should be hunted down. One of the duties of patriotism is to bring back from abroad the best to our own country and to naturalise it here.

To add a little to the pleasure of those who thank God that they live in an age when women are free from too much domestic responsibility, I give an extract from Gervase Markham's *English Hous-Wife*, which he wrote in 1615. I quote what refers to the vegetable garden and the kitchen, though this knowledge and supervision was a part only of a housewife's duties, which in James I's time included the ordering and government of dairies, the supervision of fish-ponds, practice in the well-making of malt, knowledge of baking and of how to clothe masters, servants and hinds outwardly and inwardly, of spinning and dyeing wool, of the preservation of wines, the distilling of perfumes and the making of simples.

"I hold the first and most principall to be a perfect skill and knowledge in Cookery . . . to have Knowledge of all sorts of Hearbs belonging to the Kitching . . . which skill of Knowledge she must get by her own true Labour and Experience and not by my relation. . . . She shall also know the time of the Yeere, Month and Moone, in which all Herbs are to be sowne, and when they are in their best flourishing . . . how to gather seedes at the wane of the Moone, how to keep them" . . . that it is best "to plant in the last quarter of the Moone, to gather Grafts in the last but one, and to graft two daies after the change.

"She must be cleanly both in body and garment, she must

have a quick eye and a curious nose, a perfect taste, and a ready eare. . . . She must not be butter-fingered, sweet-toothed, nor faint-hearted . . .

“She must have knowledge of Hearbs beginning with Sallets, simple, compound, boiled or crude, sallets of pickled and preserved things.”

Opinions have changed and we may set against Gervase Markham the view of Senator R. S. Copeland (U.S.A.) :—

“Complex cooking, which means fancy cookery, is not only dangerous to health, but enslaves the housewife and forces her to cater to the perverted appetite of those for whom she cooks. This slavery has sent many a wife and mother to an early grave, or worse, to an invalid’s bed or an asylum cell.”

It is, nevertheless, astonishing how well French housewives—and not French housewives only—bear up against the ordeal of preparing delicate food ; and how natural the result seems to the appetite of those for whom she cooks. The Senator might as well denounce the inordinate pains which artists, sometimes to the detriment of their health, will take to produce a good painting.

D I E T

“Necessity is the mother and Reason the father of Diet.”
—*Hippocrates* quoted by DR. MUFFET in 1655.

“Now whereas Pliny names some which never eat meat, and Apollonius and Athenæus others which never drank, they are but few and particular persons (yea, perhaps the sons of Devils) which cannot overthrow the general rule and course of nature.”—DR. MUFFET, *Health's Improvement*, 1655.

“We shall live till we dye in despite of Diet.”—*Old Proverb*.

A GREAT many people are fascinated by new remedies, new cures, new diets. Such persons will always be guided by the fashionable régime of the moment; but since this book has only one aim—to encourage a delight in the good and varied cooking of vegetables—fashions in diet do not come within its scope.

In general it is sufficient to know that the mineral salts contained in them are necessary for the healthy working of the body, and that though dried vegetables, beans, peas and lentils are rich in building material for those who can digest them, the wise man prefers to eat his vegetables fresh. The more delicately they are prepared the better for his health. One of the most modern of French authorities on chest troubles rules out all meat for dinner, and many people, even with the soundest lungs, would benefit by following his advice, or at any rate by eating meat at one meal only.

Yet it is just as well for housewives to know which are the vegetables that are useful and which injurious to sufferers from various everyday troubles, and I condense advice from the late Dr. Cecil Webb-Johnson's admirably clear and concise book, *Diet and Disease*.

Dyspeptics, Dr. Webb-Johnson says, should not eat the fibrous types of vegetables—cabbages, turnips and parsnips. He also warns them against dried peas, beans and lentils, which are apt to cause flatulence. The white part of cauliflower is suited to them, so are spinach, vegetable marrow, green peas and French beans (if young), asparagus and well-mashed potatoes.

Fat people may be given cabbage, kale, Brussels sprouts, cauliflower, spinach, artichokes and salads (with the exception of beetroot), dressed without oil.

For nerves Dr. Webb-Johnson recommends lettuces, celery and salads dressed with oil.

Rheumatic patients should not eat asparagus, mushrooms or spinach. Celery, potatoes, onions, green vegetables and salads may be allowed them.

For constipation give plenty of cabbage, Brussels sprouts, cauliflower, kale, asparagus and salads.

For liver trouble, cabbage, kale, Brussels sprouts, boiled onions and salads.

For anæmia, salads made of lettuces, endives, water-cress, tomatoes, dressed with lemon juice instead of vinegar.

Diabetic patients must not eat root vegetables, such as potatoes and artichokes.

These are excellent general directions. To them might be added the advice never to use tinned vegetables except as a last resource and to include a salad with at least one meal a day.

It has become fashionable to recommend the eating of certain raw vegetables, and those who may care to be strengthened in their somewhat dreary resolution to follow

this advice should be encouraged by such an authority as Senator R. S. Copeland, who states that raw vegetables "are rich in antiseptic and antifermentic food salts and, if eaten with the staple or heating foods, will lessen or counteract their decomposition." The eating of raw carrots is by no means a new idea. They were often recommended in the seventeenth century as an ingredient in salads. The hearts of raw cabbages shredded can be very pleasant also in salads.

The *jour maigre* of the Catholics might well be copied in the form of a vegetable diet once a week, for, however much dieticians may disagree, on one point it would seem they are almost united—that too much meat is eaten by most people. No Protestant need look upon a meatless day as a penance, and the result of abstinence would undoubtedly be beneficial.

It is delightful to find that the eating of plenty of bread with meals is no longer to be forced upon children, and that the milk puddings which once played so important a part in the nursery diet are now considered of little value. These and many other changes of opinion prove that instinct is a better guide than the rules-for-the-moment laid down by the Faculty and the Press. Temper instinct with moderation, and the diet that you choose for yourself should suit your constitution.

I would recommend anyone wishing to grow thin, to read the remedies under Fennel (p. 159). John Wesley, preacher and amateur of medicine, gives the following advice for reducing extreme fat, but it is not suited to anyone in a hurry :—

"Use a total vegetable diet. I know one who was entirely cured of this, by living a year thus. She breakfasted and supped on milk and water (with bread) and dined on turnips, carrots or other roots, drinking water."—*Primitive Physic*, 1763.

ON RECEIPTS

FEW receipts are final. Most of them should be considered as a basis for experiment. But they cannot be so used unless the cook has a sound knowledge of the different processes of cookery—such as boiling, baking, braising, frying, soufflé-making. To work from a receipt without this knowledge is to ask for failure, and it is as wasteful to spoil good food through ignorance of the fundamental principles of cookery as it would be to slash up beautiful materials without any knowledge of needlework—even if you have the most up-to-date pattern before you. Vegetables are exquisite material and they should be treated with respect.

Once the various ways of cooking are understood, you may make use of receipts with a certain amount of freedom—altering amounts and ingredients slightly to please your tastes.

Individuality counts in the making of any dish—just as it does in the making of clothes. Give six *chefs* one receipt to work from, and you will get six slightly varying dishes.

No receipt which demands slow cooking will bring anything but disappointment if it is rushed through. It is difficult to understand why the long simmering which all French cooks take as a matter of course should come so hard to most Englishwomen. Possibly it is because it entails forethought—starting in good time.

Many receipts will fail for lack of good seasoning. Here, again, we fail as a nation. It is our misfortune rather than our fault, for it is a question of a trained and sensitive palate.

Few cooks possess this, for few have had the chance to inherit it.

Yet, with good material, that is to say fresh vegetables, good butter, good stock, and some knowledge, there should be few failures. Vegetable cookery is a limited art and can be mastered.

UTENSILS

THERE is, of course, no need to keep a special and elaborate *batterie de cuisine* for the cooking of vegetables, but when new utensils must be bought, it is as well to consider the various wares best suited to this branch of cookery.

Never use iron pans for cooking green and delicate vegetables. They are, as Mr. Farley remarked in his cookery book published in 1787, "very improper for the purpose." They discolour what they contain and take from its delicacy.

Earthenware, copper and silver were used in old times for vegetables. The Sieur de Varenne in his book, published in 1685, recommended earthenware above all others, and his advice still holds good. This ware is breakable, but it is cheap and it is easy to keep clean. Only the best proved kinds, however, must be bought. Inferior makes not only crack quickly, but have a poor glaze which gives out an unpleasant smell when heated. Since many vegetables are served in the dishes in which they are cooked, shape and colour should be considered when buying them.

Earthenware vessels should be boiled in salted water before they are used for the first time. The white and coloured fire-proof china dishes and pots, now made so well in England, do not need this treatment. These are excellent for dishes cooked *au gratin*, though none of them have quite the charm of the richly coloured and beautifully shaped utensils which are so cheap and so plentiful in France, and which can be obtained everywhere in England.

Unlined copper pans are the best in which to cook green vegetables, such as peas and beans, for this metal preserves their colour. Pans must be scrupulously dried before they

are put away, and examined both inside and out for any sign of verdigris before they are used. There is no more danger in cooking vegetables in copper than there is in cooking jam, and if this metal gives a little trouble to the polisher, it repays labour, for it is a beautiful possession.

A small copper bowl is invaluable for beating up the whites of eggs in. For some curious reason copper helps as nothing else does to give them the necessary firmness and dryness.

Lined copper pans are excellent for braising: they are good also for any dish which is to be cooked *au gratin*. They are expensive to buy, but their life is long. None but the best makes should be accepted.

Copper, lined or unlined, is best washed with hot water and a little silver sand. Before using it, wash it with a little vinegar and water, or rub it with a piece of lemon. Then dry it. Keep the outside of the pan as scrupulously clean as the inside.

Aluminium pans of a good, solid and, therefore, expensive make, are excellent. Wooden handles should be insisted upon. I rarely see them in England, but they can be obtained. In Paris I have seen sets of utensils in this metal with bright red wooden handles which would be an ornament and delight in any kitchen. Aluminium has this advantage that it does not discolour vegetables, though it is itself easily discoloured by vinegar or any other acid.

For the making of soups and for cooking most vegetables, granite-ware can be recommended. It is much used in France: it has a long life and it is not expensive.

Enamel-lined saucepans, pleasant to look at and clean though they are, must not be used in direct contact with the fire, for they crack easily and the little pieces of enamel which become loosened are a source of danger. Nothing is better, however, for finishing a sauce in than one of these pans, provided it is stood in a *bain-marie*.

Certain special utensils are necessary in vegetable cookery, among them a very wide thick-bottomed frying pan of copper or aluminium.

Two metal sieves of different sized mesh are essential; so is a hair sieve.

A potato-presser is useful, and a mincing machine can occasionally be used, though vegetables should, as a rule, be chopped by hand.

A deep pan, with handles, and a basket will be needed for frying.

A large enamel cullender is necessary. So are one or two skimmers or strainers.

A wire basket will be needed for shaking out salads.

A pestle and mortar, and a wooden pestle for rubbing vegetables through sieves must be included in the list. A few vegetable cutters are useful, but the fewer gadgets a cook has to care for the better.

Very sharp knives will be required, a chopper and a board.

For the rest, whisks, big and little, wooden spatulas and spoons, cloths and muslin for straining, various moulds, tins and soufflé dishes and a grater will be in use.

A cook of my acquaintance always makes the whisks she uses for beating up sauces from twigs of aromatic shrubs, a practice much to be recommended. A seventeenth century English cookery book gives directions for making one:—
“Your whisk ought to be made of the small fine twigs of birch, or such like wood, neatly peeled and tied up in quantity little bigger than your thumb and the small ends must be cut off a little, for fear of breaking in your cream and so you come to be made ashamed.”

One of the most important possessions for any cook is an ice-box. Much food may be saved by its use and it will add to the pleasure of any meal to have those dishes which are meant to be cold, served very cold.

VARIOUS PROCESSES AND PREPARATIONS IN VEGETABLE COOKERY

TO MAKE BATTER FOR FRITTERS

Sift half a pound of the best flour with a big pinch of salt. Put it in a bowl and make a well in the centre of it. Beat up the yolks of two eggs lightly with a tablespoonful of the best olive oil and put them into it. Mix well together with the hand, or with a wooden spoon. Add water to bring the paste to the right consistency—it should be fairly thick. Let it stand for two hours.

Just before you are ready to fry your vegetables beat up the white of an egg till it is very stiff (p. 30), cut it lightly into the batter and use it at once.

Vegetables which are to be fried in batter should, as a rule, be marinated in oil, vinegar and seasoning for half an hour before they are cooked. Drain them well and dip them into the batter with which they should be evenly coated.

TO COOK IN A BAIN-MARIE

The expensive copper outfit known as a *bain-marie* is unnecessary in a small kitchen.

The principle of a *bain-marie* is to keep the saucepan in which the actual cooking is done from direct contact with the fire by means of interposing another pan containing hot water. A double-boiler of any kind may be used for this purpose. Or any small saucepan may be stood inside a larger one containing water which must be kept *just below boiling point*.

The water in the outer pot should cover about two-thirds

of the pan standing in it. If a lid is needed, use that of the larger pan.

TO MAKE A BLANC

Certain vegetables, such as salsify, cardoons, artichoke bottoms, etc., which discolour easily, are best cooked in a *blanc*.

A *blanc* is made by putting a heaped tablespoonful of sifted flour in a little water and adding it, when you have mixed it absolutely smooth, to two quarts of water together with two tablespoonfuls of vinegar and a little salt.

Put this mixture on the fire and stir it until it boils.

When the vegetables have been put in, add three table-spoons of good clarified fat, beef or veal. This will form a coat over the water which will keep out all air. Under it the vegetables should cook so gently that scarcely any movement will be perceptible.

TO BLANCH VEGETABLES

Blanching consists of a preliminary and very short boiling. It is advisable for vegetables, such as endive and chicory, which are bitter; or for strong-flavoured winter vegetables, especially onions, cabbages and cauliflowers.

Directions with regard to the time required to blanch various vegetables are given in the receipts which follow.

After blanching, vegetables should be well drained.

TO BOIL VEGETABLES

Iron pans must never be used for boiling any vegetable other than the potato. Lined copper, or copper, aluminium, earthenware or granite-ware are the best.

All vegetables, with the exception of potatoes, *old* Jerusalem artichokes and celeriac, are put into boiling water. These I have mentioned are put into cold water.

Bring the water to the boil, add salt in the proportion of a dessertspoonful to the quart. Put in the vegetables a few at a time, in order not to cool the water more than is necessary. When they are all in, put on the lid until the water has regained boiling point, then, unless otherwise directed, take it off.

Skim whenever necessary.

Never use soda or any kind of water softener.

When the vegetables are done, strain off the water and put them in a cullender or on a sieve to drain. Press the water out of them with the fingers.

TO MAKE A "BOUQUET"

The little bunch, or "bouquet" of herbs used for seasoning soups and sauces is composed of a sprig of thyme, one of parsley and half a bay-leaf. These are tied together with cotton. They can be put in a net bag.

TO BRAISE VEGETABLES

The choice of the right pan for braising is very important. It is useless to try and cook vegetables satisfactorily in this way, unless your pan has a very solid bottom. Iron pans should never be used for vegetables.

A lined copper pan is the best and most enduring utensil for braising and there is no danger attached to its use if it is properly cleaned (p. 13). The best quality heavy aluminium is also good and the best quality earthenware may be used.

Whatever pan is chosen, it should be just big enough to hold the vegetables which are to be braised. If it is too big you will have to use more stock than would otherwise be necessary.

Cut up some bacon rinds into small lengths. Blanch them for a minute in boiling water. Drain and dry them,

then lay them, fat side downwards, on the bottom of the pan.

Cover this layer of rinds with a thin one of finely sliced onions, and this, in its turn, with sliced carrots.

On the carrots the vegetables which are to be braised are laid.

Put the lid on and, for two or three minutes, cook the contents of the pan over a fairly strong heat. Then take the pan off the fire and add sufficient stock to cover the vegetables.

Cover the pan with a perfectly fitting lid. Put it in the oven, which should be heated to a temperature of 130 degrees and cook gently for the time directed.

Or, cook the vegetables *on* the oven. The all-surrounding heat of an oven is, however, more satisfactory than mere bottom heat. Whichever way is chosen, slow cooking is essential.

Some French cooks make a paste of flour and water and spread it over the juncture of lid and pot. This makes it impossible for any of the goodness or aroma of the contents of the pot to escape in steam; but a cook must be very sure that inside her sealed pot the vegetables are simmering only, and this is knowledge which must come by experience. She cannot lift the lid to see how things are going.

It is best not to braise at all unless you are able so to adjust the heat that your vegetables will barely simmer throughout the long process of their cooking.

Vegetables can also be braised in butter.

Melt a tablespoonful or two of clarified butter in a pan. Add to it a teaspoonful of sliced onion. Let it brown a little. Add the vegetables. Close the pot and cook, rather quickly, for a minute or two, being very careful that they do not burn. Remove the pot from the fire and add some good clear stock. Close it carefully and simmer for as long a time as is directed.

TO PREPARE BREADCRUMBS

Take a loaf that is at least two days old. Cut off the crusts. Cut or break the crumb into small pieces. Roll them up in a stiff cloth. Crush and rub them together in it. Then put them through a wire sieve.

These breadcrumbs should be made just before they are required.

TO MAKE BROWNEB BREADCRUMBS

Prepare the breadcrumbs as directed above.

Heat a tablespoonful of clarified butter (p. 20) in a pan. When it is very hot, add the crumbs and brown them well, stirring them from time to time so that they do not stick to the pan. Drain them on paper in the oven, and season them.

TO MAKE RASPIGS OF BREAD (*Chapelure*)

Put a number of crusts of bread in the oven and let them brown and crisp slowly. Take them out, wrap them in a cloth and crush them with an iron. Then pound them (if necessary) in a mortar and put them through a sieve.

These raspings will keep for some time if put in a tin and closely covered.

TO EGG AND BREADCRUMB CROQUETTES, ETC.

Use a small quantity of breadcrumbs at a time only, discarding them when they get sodden with egg. Spread them on a large plate.

Prepare very fine breadcrumbs (see above).

Break a whole egg in a dish. Whip it lightly, adding a teaspoonful of olive oil, salt and pepper.

Have ready some sifted flour upon another plate or on a board.

Roll the object to be fried very lightly in the flour, shaking off any excess of it. Then brush it over with the egg mixture, being careful that every part of it is covered.

Roll the croquettes in breadcrumbs, pressing them down on to it with the blade of a knife.

TO CLARIFY BUTTER

It is most important to clarify all butter that is used for frying or sautéing vegetables. Unclarified, it burns quickly.

It will save time to clarify a good amount of butter at one time. Put it in a saucepan and let it heat gently. A white scum will rise over the liquid yellow part of the butter and a sediment will fall to the bottom of the pan. As soon as this happens pour the butter very carefully through double muslin into a pot. Keep it in a cool place.

On no account let the butter colour.

NOISETTE BUTTER

Let clarified butter cook very gently until it has browned—but not burnt.

TO BUTTER THE INSIDE OF A MOULD

Clean and dry the mould thoroughly.

Put a little melted clarified butter in a cup. Take a brush and with it paint the inside of the mould with butter.

Or: Pour a little melted clarified butter into a mould and tilt it in every direction until every inch of it has been coated with butter.

TO MAKE SAVOURY BUTTERS

Hazel-nut Butter

Pound grilled hazel-nuts in a mortar, adding a little butter to them as you work. Put them through a sieve and add

more butter (in all the butter used should equal the nuts in weight). Beat well together and keep in a cold place.

Horseradish Butter

Grate some horseradish very finely. Add a tablespoonful of it to four tablespoons of butter. Pound them well together and press them through a hair sieve. Keep in a cold place.

Maître d'Hôtel Butter

This is butter mixed with finely chopped parsley.

Mustard Butter

Beat up two or three ounces of the best fresh butter with a dessertspoonful of dry mustard.

Tarragon Butter

Pick off the leaves from a good handful of tarragon. Blanch them for a few minutes in boiling water. Drain and dry them and pound them in a mortar. Add them to four ounces of fresh butter which you have beaten up. Mix well. Season and pass through a sieve.

Watercress Butter

Pick the leaves from a small bundle of watercress. Wash them well. Dry them thoroughly by wringing them out in a cloth. Pound them in a mortar. Add them to three ounces of good butter. Season.

TO PREPARE CROQUETTES, ETC.

A certain amount of experience is necessary in the successful making of croquettes. It is difficult to say exactly how much sauce, cream or egg is required to bind the ingredients. Croquettes must be firm enough to be rolled in the hand: but they should be as moist as possible.

Never shape a croquette until the mixture of which it is to be made is absolutely cold. Then divide it with a knife into pieces of equal size.

Roll each piece on a floured board. Then flour the hands. Put a piece on the left hand, and with the right roll it into shape. For round flat croquettes, make balls, flattening them with the blade of a knife.

For egg-and-breadcrumbs see p. 19.

TO MAKE CROUTES, CROUTONS AND CROUSTADES

Croûtons are the small dice or fancy-shaped pieces of fried bread that are served with soup. Cut them very regularly and fry them in clarified butter. Drain them on white paper in the oven.

Larger croûtons are used for garnishing vegetable dishes.

Croûtes and croustades are made of thick slices of bread about three-quarters of an inch thick. They are used as a base for vegetables and purées and can be hollowed out in the centre. Fry them in butter.

TO HARD-BOIL EGGS

Eggs that are to be used in salads or vegetable dishes should be boiled for fifteen minutes.

TO FRY VEGETABLES, CROQUETTES, FRITTERS, ETC.

For deep frying a strong iron pan *with handles*, a basket and a skimmer will be required.

Many French cooks prefer to fry in the fat which surrounds beef kidneys, or in a mixture of two-thirds of this fat and one-third of veal. Whatever is chosen must be delicate and tasteless. Mutton fat is never used, and even dripping has too noticeable a flavour. Lard is good, but it is difficult to drain from the cooked vegetable.

Oil is recommended by many good *chefs* and, if it is of good quality and tasteless, it is excellent. It is, however, more expensive than fat. On the other hand, it is more digestible. When oil is used for the first time for frying,

it should be allowed to simmer for half an hour before the vegetables are put into it. This precaution is not necessary when it is used second and subsequent times.

Having filled your pan half full of clarified fat or oil, let it heat very slowly.

For croquettes and fritters, heat the fat till a blue smoke rises from it. At the right temperature a small piece of bread dropped into it will cause the surrounding fat to boil up violently (1).

For raw vegetables, such as potatoes, the fat should be less hot. At the right temperature a piece of bread thrown into it will cause a gentle disturbance only (2).

Before putting in either croquettes or vegetables, draw the pan to one side of the oven, or take it off the gas flame. Lower the frying basket for a moment into it to heat it, take it out, put whatever is to be fried into it, and lower it again into the pan. This will cool the fat slightly and it will have to be brought back to the original and necessary temperature as quickly as possible.

It is essential in cooking croquettes and fritters that they shall be, as the French say, "seized" at once by the hot fat so that a crisp brown envelope through which the fat cannot soak, is given to them.

Before removing any vegetable or croquette, take the pan off the fire. Lift out the basket and let it drain for a moment, then, very gently, take out the contents and set them on paper, or a clean cloth, just inside the oven to drain.

Never turn or touch a croquette or fritter which is frying until a crisp coat or envelope has been formed, or you will run the risk of breaking it.

HOW TO MELT DOWN FAT FOR FRYING

Cut up the fat into very small pieces, not more than half an inch square. Put them into a deep frying pan with a little water, in the proportion of a gill of water to every

pound of fat. Put the lid on, heat the fat over a small flame. The water will evaporate in time and the fat will then begin its refining process. Stir it occasionally. A number of little fibres will remain unmelted. By the time the fat is ready, these pieces will be brown and crisp.

Place the pan away from any heat until the fat has cooled a little.

Put a clean cloth over a large basin and with the help of another pair of hands, pour the fat through it. When all the liquid has been passed, roll up the cloth and squeeze out any fat that may have adhered to the little brown fibres.

Keep the fat in a *non-porous* vessel in a dry place.

This fat may be used several times. It must be filtered through cloth every time it is used. Fresh fat may be added to it. On no account must it be used once it has become discoloured or flavoured by what it has held.

TO PREPARE GELATINE FOR USE

Wash the gelatine and put it into cold water for half an hour before you require it.

Put it in a small pan with a very little water. Stand this in another pan containing water that is just on the boil. Stir it till it melts. Strain it.

About an ounce of gelatine is required, to rather less than a quart of liquid ; less for a purée. The quantity will vary slightly in winter and in summer. In hot weather more gelatine is required than in cold.

Keep all gelatine in a closely covered tin.

TO GRILL VEGETABLES

Keep your grill and the pan beneath it scrupulously clean. Never use one for vegetables that has been used for fish.

Heat the grill and brush the bars with olive oil before laying any vegetables on it.

It is often necessary to baste vegetables as they grill. For this purpose, a cup containing a little hot butter or olive oil should be kept near at hand.

TO PREPARE VEGETABLE PUREES

Vegetables that are to be used as a purée to be served as such or in a soup, must be passed through a fine sieve. A vegetable presser makes easier work, but its holes are too coarse. It does, however, save trouble with the more stubborn vegetables to put them through a presser first, then through a fine sieve.

Put the sieve over a basin or plate, the shallow side up. Put the vegetables on it, little by little, *but always while they are very hot.*

Work the vegetable through with a wooden spoon rubbing it *backwards* and *forwards*. Such part of the vegetable as will not go through, should be removed from time to time.

TO REDUCE PUREES TO THE RIGHT CONSISTENCY

Put the purée back into a saucepan, the wider the better. Stir it continually over a quick fire with a square-topped wooden spoon until the moisture from it has evaporated and it thickens.

TO COOK RICE FOR BORDERS

Many vegetables can be served in a border either of plain or savoury rice. I think, on the whole, the Piedmont rice as used by Italians for making risottos is the best. Patna rice is excellent if it is to be plain-boiled.

Wash the rice and pick it over. Let it lie in cold water for an hour. Drain it.

Have plenty of boiling water ready in a big saucepan. Salt it in the proportion of a dessertspoon to a quart of water. Put the rice into it little by little. Boil it hard for about a

quarter of an hour with the lid off. Take a grain or two between your finger and thumb. If you can press them out, they are cooked enough. While the grains are cooking, stir them once or twice with a fork, but very gently so as not to break them. Drain off the water through a sieve and let the rice stand in it, just inside the oven door, till it has dried. If you have cooked it rightly every grain should be tender and separate.

This rice may be used as it is, or it may be turned over in a little very hot clarified butter. Season it well.

A more savoury form of rice can be made in this way :

Chop up a medium sized onion. Heat some clarified butter. Add the onion and brown it a little. (A teaspoonful of curry powder may be mixed with the onion.) Add to it three or four ounces of washed uncooked rice. Stir together for three or four minutes, being careful not to let it brown or stick to the pan. Then add some good boiling stock. Cook in the oven. When the rice is tender, strain off any stock, add some chopped mushrooms which have been sautéed in butter and drained, and seasoning.

Butter a hollow mould. Fill it with the rice, well pressed down. Cover it with a piece of greased paper and set it in the oven for a quarter of an hour. Turn it out and fill the centre with vegetables.

To *Sauter* VEGETABLES

For sautéing vegetables a pan with a very solid bottom must be chosen. It must be shallow, like a frying pan, and is most useful when made with a rim that rises at right angles with the base.

This pan must be large enough to hold the vegetables that are to be sautéed lying absolutely flat. They must never be piled up, or crowded.

You may *sauter* vegetables in clarified butter or in a mixture of butter and oil.

If butter only is used it is essential it should be carefully clarified, a very easy process (p. 20), otherwise it will burn quickly and give out an unpleasing smell.

Heat the butter or butter and oil. Lay the vegetables in and start them over a quick fire. When they have browned on one side, toss them over on the other side. Then cook them gently till they are done.

It is important not to use too much butter. Sautéed vegetables should never be greasy or over-rich. A little more hot clarified butter, or butter and oil, can be added if the pan becomes too dry.

Season before serving.

TO MAKE SOUFFLÉS

Up to the point when the firmly whipped whites of eggs are added to a soufflé mixture, all is easy. The success of a soufflé depends upon the lightness and quickness with which this is done and on the temperature of the oven.

Beat the whites as directed (p. 30) just in time to add them before the soufflé is put in the oven.

Put the soufflé mixture in a bowl—but not too large a one. Place the whipped whites on top of it. Then put a broad wooden spatula, or spoon, down through the centre of the bowl, pull it towards you, and when it comes to the edge of the bowl, bring up as much of the soufflé mixture as it will hold and lay this over the whites. Turn the bowl a little and repeat the process until you have gone all round it. Do not beat the contents of the bowl together. This lifting, if it is thoroughly done, is all that is required. You must work quickly and lightly.

Have ready a buttered soufflé dish (p. 20). Put the mixture into it, a heaped spoonful at a time. When the dish is three-quarters full, smooth the soufflé with the blade of a big knife, letting it rise towards the centre. Then run your knife across it in several directions, without letting it

penetrate more than half an inch.

If your dish is too shallow to hold the contents when they have risen as, of course, they will, bind a piece of buttered white paper firmly round it in order to make the sides higher.

For soufflés the oven should be moderately hot, 130 degrees Fahrenheit. The heat should come from the bottom, if possible; top heat is dangerous. Once the soufflé is in the oven, open the door as seldom as possible, for a cold draught may ruin it. You will need, however, to watch its progress, but do this with every precaution.

If the heat in the oven is not well distributed, turn the soufflé dish right round once.

Don't let your soufflé bake till it is bone-dry. You may test it by putting a clean straw through it. If it comes out almost dry, your soufflé is done.

A medium sized soufflé will take about twenty to twenty-five minutes to bake. Little soufflés cooked in cases will take from ten to fourteen minutes.

SOUR CREAM

Sour cream is a little difficult to make. Old left-over cream is useless.

Russian sour cream can be obtained at any Russian or Jewish provision store. In London it is to be bought at Mr. Vorobiov, 147, Dawes Road, Fulham Road, or at Mrs. Ruback's, 34, Charlotte Street.

TO STEAM VEGETABLES

Special saucepans are to be bought for the steaming of prepared vegetables. These are laid in the upper part, the steamer, and sprinkled with seasoning. The steamer is then fixed into the saucepan which contains boiling water and the closely fitting lid is put on.

TO THICKEN SAUCES, SOUPS, ETC.

The usual way of thickening sauces, etc., is by the addition of *roux*, white or brown. If this is cooked in advance as advised (see below) there is very little danger of lumpiness.

If there is no such supply an expert cook proceeds in this way. Put a tablespoon of clarified butter, or more according to your need, in a saucepan. Heat it. Then add, all at once, the same weight of dry sifted flour (ordinary flour, corn or potato flour or arrowroot). Mix thoroughly with a wooden spoon, then set it where it will cook, uncovered, as gently as possible for at least ten minutes. Stir it occasionally.

Many amateur cooks are unsuccessful in this method. Personally I find that the following is the surer way :

Mix the butter with the sauce and let it come to the boil. Then mix the flour with a very small quantity of milk or stock, whichever is required, until it is absolutely smooth. Pour it slowly into the sauce, stirring all the time until it is well mixed. Let the sauce boil hard for a few minutes, stirring hard. Then set it where it will cook very gently for from ten to fifteen minutes.

TO MAKE ROUX IN THE OVEN

It will save time and anxiety if you can prepare a supply of *roux*, either white or brown, in advance.

For either kind use butter and sifted flour in about equal quantities. For brown *roux* good fat can be substituted for butter.

WHITE ROUX

Warm the butter in a fireproof dish and mix it with the flour until you have a smooth paste. Stand it in a moderate oven covered with a greased paper and let it cook for about fifteen minutes, being careful that it does not colour.

BROWN ROUX

Cook some clarified butter until it is light brown. Put it in a fireproof dish and mix with it an equal quantity of flour. Stir well together. (This butter can be flavoured with onion.)

Put it in a moderate oven and cook it till it is a rich brown.

These *roux* should be kept in china pots in a cool, dry place.

TO THICKEN WITH YOLKS OF EGGS

Mix the egg with cold cream, milk or stock, as required. Pour it through a strainer. Let your sauce cool a little. Add the mixture slowly, stirring all the time.

If the sauce contains flour, you may let it boil after the yolks have been added without fear that they will curdle. If, however, the sauce contains no flour, stand the pan which contains it in another into which you have poured water which is just on the boil. (See *bain-marie*, p. 15.) Stir it till it thickens over gentle heat.

TO WHIP THE WHITES OF EGGS

Whip the whites of eggs in a copper bowl for this metal undoubtedly gives the best results. Before you use it, rub it with a piece of lemon and dry it.

Divide the whites from the yolks so carefully that not one tiny blur of yellow remains in them, otherwise you will not succeed.

Put them into the bowl. Keep a large whisk specially for beating eggs. It must be absolutely clean: the least speck of grease will be harmful.

Begin by working gently and rhythmically until the whites begin to froth. Then, and without stopping, whisk

as hard as you can, until you have a stiff and snowily white mass—so stiff that it will adhere solidly to the whisk if you lift it.

Always wait till the last minute before beating up the whites of eggs. And, having once started, do not let anyone or anything interrupt you.

The whites need not be absolutely fresh for this purpose. Set aside any that have been separated from yolks and are not required. If closely covered they will keep for some days.

SAUCES USED IN VEGETABLE DISHES

It is not only in the actual cooking of vegetables that the majority of English people fail; we are celebrated for the badness of the white sauce universally served with them. It is often lumpy, it rarely is of the right consistency, it is carelessly flavoured and seasoned, and, to make it more unpalatable, it is often diluted with the water which floods into it from half-drained vegetables.

White sauce can be delicious, and it is more useful than any other for serving with vegetables, though certain of them, such as asparagus and seakale, deserve the finer Hollandaise.

There are, of course, houses where the cooking of vegetables is beyond reproach. But they are comparatively few. We suffer most, perhaps, at country inns and small restaurants.

An instinct for flavouring and seasoning and good judgment as regards consistency are necessary in the making of any sauce. To go by the book is not quite enough. Individuality plays a part in every sauce.

HOT SAUCES

WHITE SAUCE

White sauce is milk thickened with *roux*—a mixture of flour and butter. If this *roux* has been prepared (p. 29), much trouble will be saved for as it is already cooked, you will be able to serve your sauce the moment it has thickened.

Where *roux* has not been made I find it best to heat the milk required with the butter—half a pint of milk and a heaping dessertspoonful of the best butter. When it boils stir in a dessertspoonful of cornflour that has been mixed absolutely smooth with cold milk. Sauce made in this way should be absolutely smooth. Pour in the milk and flour slowly, stirring quickly. Stop when your sauce is thick enough.

Let the sauce boil rather hard for a few moments, stirring hard all the time. Then reduce the heat and let it simmer for about ten minutes, by which time the flour should be cooked. Add a few tiny pieces of butter and seasoning. Take a whisk to it and beat it hard for a moment. Serve at once.

About two dessertspoonfuls of *roux* will be required for making half a pint of sauce.

If a white sauce must be kept waiting put three or four tiny pieces of butter on top of it. They will help to prevent a crust from forming.

BECHAMEL SAUCE

Béchamel sauce is made in the same way as white sauce, but half veal or chicken stock, half milk should be used. Let the sauce simmer for half an hour and put in with it a

little carrot, a very little onion which has been chopped and lightly browned in butter. When you are ready to serve the sauce, put it through a sieve and add a tablespoon or two of cream to it. Re-heat. Season well, add a few tiny pieces of butter, and whisk it briskly together.

Vegetables can be omitted, but they give the sauce a good quality. Mushrooms chopped and cooked in butter will give it the best flavour of all. (Trimnings may be used instead of the heads.) Celery is good too.

BEARNAISE

Take half a small wine-glass of the best wine-vinegar. Put it in a small saucepan together with a very little bouquet of herbs (p. 17), and a teaspoon of finely chopped shallot. Reduce the vinegar until you have just half the original quantity. Strain it and, when it is nearly cold, add the yolks of two eggs which have been mixed with a little very concentrated clear brown stock and put through a strainer.

Cut up two ounces of the best butter into small pieces. Add them to the sauce which, after the addition of the yolks of eggs, should be stood in a *bain-marie* (p. 15) and not be allowed to boil. Beat the mixture continually. Add a little *glace de viande* (p. 50) and more butter in tiny pieces. Strain the sauce once more. Put it back into the pan with finely chopped tarragon and chervil and seasoning. Re-heat it. It should be thick and unctuous.

This sauce may have a little tomato purée added to it. Or it may be flavoured with mushrooms, in which case the chervil and tarragon should be omitted.

The best stock for this sauce is made of knuckle of veal or good veal gravy may be used.

CURRY SAUCE

Prepare and chop a small carrot, a piece of turnip, a little

celery, and a small slice of ham, and put them together with one or two chopped mushrooms in hot butter. Simmer until all are tender. Then stir in a small teaspoon of curry powder and a tablespoon of chopped apple. Add half a pint of stock. Simmer for an hour and put through a sieve.

This sauce can be thickened with brown *roux* (p. 29) or with the yolk of an egg mixed with a little stock and strained.

Add seasoning before serving.

DUTCH SAUCE

Put two ounces of fresh butter in a saucepan. When it is hot, stir in a teaspoon of sifted cornflour. When these are thoroughly mixed add, slowly, a breakfast cup of good clear stock. Bring the sauce to the boil and let it simmer gently for at least fifteen minutes. Mix the yolks of two eggs with a very little cold stock. Strain them. Add them to the sauce which should have been allowed to go off the boil. Stand the pan in a *bain-marie* (p. 15). Beat quickly until the sauce thickens. Season and add a dessertspoonful of lemon juice.

ESPAGNOLE SAUCE

This is the most hard-worked of all sauces, since it is so highly seasoned that it will hide either excess or lack of flavour in whatever it covers. Well made it is a useful sauce to have at hand. It will keep for several days.

Make a brown *roux* (p. 29) with two tablespoons of flour and two of butter. When they are thoroughly mixed, add a pint of brown stock and two tablespoons of tomato purée (p. 254) together with some chopped onion, carrot and celery that have been browned in butter, a small bouquet and the stalks and trimmings of mushrooms. Simmer for two hours, skimming when necessary. Then put it through a fine sieve.

Espagnole sauce is best seasoned just before it is used. Add a little sugar.

HOLLANDAISE SAUCE

Receipts for this most excellent of sauces differ in every book I know. I give my own way of making it which will at any rate be a foundation for experiment, for unless the cook has a lucky hand it is unlikely that a first attempt will be altogether successful. Hollandaise sauce is admittedly an extravagant one, but it is as admittedly delicious and it gives delicacy and distinction to vegetables such as asparagus, seakale and very fine cauliflowers.

Take half a gill of good wine-vinegar, adding two or three peppercorns to it. Reduce it by quick boiling to half its original quantity. Strain it and let it cool. Add the yolks of two eggs and a dessertspoonful of melted butter. Strain the mixture and put it into a saucepan standing in a *bain-marie* (p. 15). From this point on you must beat the sauce continually with a small whisk as you gradually add about three ounces of the best butter. If your sauce becomes too thick, you may add a tablespoon of water. It must on no account be allowed to boil. Season, adding a very little nutmeg if you like the flavour. Serve the moment it is ready. It must not be kept waiting or it will spoil.

MADEIRA SAUCE

The foundation of Madeira sauce is a good rich brown stock. It must be clear and well-flavoured. To a quarter of a pint of stock add a small wineglass of Madeira which has been reduced by quick boiling to half its original quantity. Season it carefully. Thicken if necessary, but this sauce is pleasanter when rather thin.

MORNAY SAUCE

Make a good white sauce (p. 32). To half a pint of it add two tablespoons of freshly grated gruyère or parmesan (or a mixture of both). Stir well together, adding a few

tiny pieces of butter. As soon as the cheese has melted the sauce should be served. Pepper may be added, but salt is not likely to be required.

NORMANDY SAUCE

This very delicate sauce is good with seakale. It consists of equal quantities of good fresh butter and cream heated but not allowed to boil. It should be seasoned slightly and a little lemon juice added just before serving.

SOUBISE SAUCE

Peel and chop a Spanish onion. Cook it in a little butter until it is tender, but do not let it colour. Put it through a sieve and add it to a white sauce. Season it carefully. A little more butter and a tablespoon of cream will improve it. They should be added just before serving. Whisk all well together.

SUPREME SAUCE (a simple form)

Take some good well-flavoured chicken stock and reduce it by quick boiling. Add cream to it in order to make up the required quantity (or half cream, half milk). Thicken it with one or two yolks of eggs. Finish the sauce in a *bain-marie* (p. 15). Add small pieces of butter and a little lemon juice. Season. Serve at once.

TOMATO SAUCE (1)

Simmer three or four tomatoes, or half a tin of tomatoes, with a little thyme, black pepper and a teaspoonful of chopped onion until they are tender. Put them through a fine sieve and thicken with slightly browned *roux*. A very little sugar improves this sauce.

TOMATO SAUCE (2)

Chop a little ham, a tablespoonful will do, adding about the same quantity of chopped onion and carrot. Let these cook gently in butter for ten minutes, but do not let them burn. Add three large skinned tomatoes and simmer again. Put through a sieve. Add a little stock and a touch of sugar. Thicken with flour and butter (or use a cooked *roux*) and simmer for ten minutes. Season—using a little nutmeg.

COLD SAUCES

HORSERADISH SAUCE

Grate a fair-sized stick of horseradish. With it mix a tablespoonful of good vinegar and a little sugar. At the last moment whip up about a gill of rich cream and add it to the other ingredients.

MAYONNAISE

It is not necessary to make mayonnaise on ice, or even in a very cold place. Oil when it is cold congeals and is then useless. It should be liquid and of the temperature of the room.

The best oil obtainable must be used and the freshest eggs. One yolk will absorb a gill of oil. If more than this quantity of mayonnaise is wanted another yolk must be used.

Free the yolk of an egg from all white and the little germ which is attached to it. Put it in a basin with a coffeespoonful of dry mustard, a pinch of freshly ground pepper. Mix together thoroughly with a small whisk. Then add a dessertspoonful of mild wine-vinegar. Beat well together again.

Pour the oil in drop by drop until the sauce is very thick when it can be added much more quickly.

If the mayonnaise curdles, it can (sometimes) be put right by adding the yolk of an egg which has been beaten up with a few drops of vinegar.

CREAM MAYONNAISE

Instead of using olive oil only, use half oil, half cream.

GREEN PEA MAYONNAISE

Add two tablespoons of purée of green peas to a cream mayonnaise.

ROQUEFORT MAYONNAISE

Crush a large tablespoon of Roquefort cheese. Mix it with a little cream. Beat together until absolutely smooth. Add a cup of mayonnaise. Use plenty of freshly grated black pepper. A little grated horseradish can be added.

TOMATO MAYONNAISE

Add a dessertspoonful of good tomato purée to the mayonnaise. Some shredded peppers may also be used.

VEGETABLE MAYONNAISE

Put a little cooked celery, carrot, beetroot and onion through a sieve. Add this purée to a mayonnaise sauce, together with a little lightly whipped cream.

GREEN MAYONNAISE

Add green colouring (p. 243) to mayonnaise and a little lightly whipped cream.

MAYONNAISE WITH ASPIC JELLY

When a stiff mayonnaise is wanted, as for a vegetable salad, add to it an equal quantity of good melted aspic jelly. Mix thoroughly and set on ice.

HORSERADISH MAYONNAISE

Add a spoonful of very finely grated horseradish to the mayonnaise and a little sugar.

CREAM MAYONNAISE WITHOUT EGGS

Put a tablespoon of very thick fresh cream in a bowl together with a coffeespoon of mustard. Beat them together and, gradually, add two tablespoons of oil. When the sauce is thick, add salt, freshly grated pepper, vinegar and a touch of sugar.

Chopped parsley can be added to mayonnaise, but it should be put in just before serving.

A little very finely chopped spring onion can also be used, or chopped chervil, tarragon and shallot. These flavourings must not, however, be overdone.

MINT SAUCE

Chop the mint as finely as possible. Put it in a basin with sufficient brown sugar to sweeten it. Cover it with boiling water and stir together till the sugar has dissolved. Add good mild brown vinegar. Set aside for several hours before using.

TARTARE SAUCE

Tartare sauce is made in the same way as mayonnaise, but the egg yolks should be hard-boiled (they must have been cooked for fifteen minutes). Capers, chopped gherkins, chervil, tarragon and cayenne are added at the last.

VINAIGRETTE

Vinaigrette is a dressing made of oil and vinegar (in the proportion of three of oil to one of vinegar), finished with finely chopped shallot, chives, chervil, tarragon and whole capers. It must be well seasoned, with pepper, salt and mustard.

HORS D'OEUVRE

Most of the *hors d'oeuvre* eaten in restaurants are mixed with mayonnaise, and although they may be excellent to taste, they are cloying and make a bad preparation for other food. Much better are the cooked and uncooked vegetables served with a French dressing, or cooked vegetables *à la Grecque*.

It is of the first importance that *hors d'oeuvre* should be decorative, and that the very best butter, toast Melba or crisp biscuits should be handed with them.

UNCOOKED VEGETABLE HORS D'OEUVRE

Red cabbage (if prepared at home) (p. 344).

Sliced celery with a Roquefort mayonnaise (p. 39) or with a mayonnaise to which a good deal of mustard has been added. The best part of the heads only should be used. Tough or spongy celery is useless.

Sliced cucumber carefully prepared (p. 146), sprinkled with chopped tarragon and served with a French dressing. The cucumber may be crushed and is, I think, better treated in this way.

Rings of cucumber filled with a mixture of chopped chicken and yolks of hard boiled eggs, mixed with mayonnaise and placed upon slices of tomato.

Prepared slices of tomato (p. 250) sprinkled with finely chopped shallot and tarragon. Serve with a French dressing.

Cups made of the skins of firm tomatoes filled with the pulp of the tomatoes, chopped celery, French beans and a very little onion, mixed with mayonnaise well seasoned with mustard.

Radishes unbedizened in any way—the very best, small and crisp.

HORS D'OEUVRE COOKED

Beetroot with celery or horseradish (p. 340).

Artichoke bottoms with *foie gras* masked with mayonnaise (p. 81).

Cauliflower divided into small bouquets served with French dressing and finely chopped parsley.

Celeriac cut in strips with a mayonnaise highly flavoured with mustard, or with a tomato mayonnaise.

Sweet corn, well drained if from a tin, mixed with a little thick cream and seasoning and served very cold.

French beans with French dressing sprinkled with finely chopped parsley.

Dried haricot beans served with French dressing and sprinkled with chopped parsley and onion.

Potato salad mixed with French dressing or cream mayonnaise and sprinkled with finely chopped parsley and shallot. To this a few strips of anchovy or herring may be added (p. 294).

Small heaps of any young vegetable, peas, beans, broad-beans, etc., can be used as *hors d'oeuvre*. Mix with a French dressing, garnish with chopped parsley and the yolk of a hard boiled egg put through a coarse sieve. They can be served in a border of sliced potatoes mixed with a mayonnaise well seasoned with mustard.

HORS D'OEUVRE A LA GRECQUE

Artichoke bottoms, chicory, celery, egg-plants, leeks and mushrooms may be prepared in this way.

Put together, in a saucepan, half a pint of water, half a gill of good white wine, one of the best salad oil, a squeeze of lemon, a small coffeespoonful of crushed peppercorns, half a

bay-leaf, a sprig of thyme and a few prepared tiny button onions. Bring the mixture to the boil. Put in the vegetables and cook them for about a quarter of an hour by which time they should be tender.

Take out the vegetables and put them in a dish. Strain some of the liquid over them and set them where they will get cold.

These *hors d'oeuvre* are refreshing and appetising.

VEGETABLE SOUPS

“In pottage without herbs there is neither goodness nor nourishment.”—*Physicians of Myddvai*. (Thirteenth century.)

The making of vegetable soups should be pure and delightful adventure for those who enjoy them. Unfortunately cooks, well trained in the making of the clear and thick meat soups, so beloved of the English, rarely have a taste for them. It is seldom therefore, that one gets them in perfection in England. Above all vegetable soups must not be allowed to taste flat or watery. Seasoning is important and great care must be taken in the preparation of the vegetables used.

An infinite number of combinations are possible. One of the best I know is “Garden Soup.” It is made by the mistress of the house who in good time goes round her garden, picking or pulling a piece of this or that vegetable or herb. She scarcely stops to think what she shall choose, but a sure instinct guides her. This instinct, naturally enough, is rare in the town cook, or indeed in anyone who does not love vegetables or has not sufficient culinary imagination to *taste* the result before the soup is made.

Even for the adventurous there are certain rules to be followed—if not too slavishly: but once these are known, invention can be exercised, receipts altered and adapted to individual taste.

Winter vegetables, such as cabbages, carrots, onions, turnips, should be blanched in boiling salted water for ten minutes, and then thoroughly drained, before they are made into soup. Tender spring and summer vegetables rarely need this treatment.

VEGETABLE PUREES

In making vegetable purée soups, blanch, drain and chop the required vegetables. They should then, as a general rule, be cooked very gently in a little hot butter in a closed pan, until they are tender. They must not be allowed to burn and should do no more than colour very lightly, if at all.

Put the vegetables through a sieve, then back into the carefully rinsed saucepan. Add to them either water in which other vegetables (carrots, peas, pea-pods, beans, broad beans, etc.) have been boiled, or stock, or milk. Condensed milk, against which I had a strong prejudice until I tasted the delicious cabbage soup (No. 1), can occasionally be used instead of milk. If the latter, do not let the soup boil or you will take from the freshness of its flavour. Season well, add a few small pieces of butter and, whenever possible, a little cream.

Never cook vegetables for soup any longer than is absolutely necessary.

VARIOUS DIRECTIONS

Vegetables used in making soups must be as carefully prepared as for any vegetable dish.

The butter used must be the best.

Stock, on the other hand, need not be the best. That is to say, very strong stock is not required. It should be well-flavoured and little seasoned. A rich stock overpowers the taste of vegetables.

In making vegetable purée soups, the vegetables can be put through a sieve before either milk or stock is added, or after this has been done.

Hair sieves are better than wire ones for such delicate vegetables as peas, lettuce and asparagus.

A good deal of hard pounding may sometimes be avoided by putting vegetables first through a coarse sieve, or vegetable

presser, and then through a fine one. A wooden pestle should be used for pressing down the purées. *They should be sieved while they are hot.*

Earthenware or graniteware saucepans are best for making soups in.

The seasoning of soups is very important. Always use freshly-ground pepper. A little sugar often brings out the flavour of a vegetable ; but it must be sparingly used, for its purpose is not to sweeten.

Serve soups very hot. If they are taken to the dining-room in a tureen, heat it well. Heat the plates, or bowls, also.

STOCK FOR SOUPS

There is no better stock for vegetable soups than one made with a knuckle of veal. Owing to its gelatinous quality it gives a very pleasant smoothness.

The outside leaves of celery, provided that they are sound, trimmings of mushrooms, and other vegetables, should be saved for putting in stock. Pieces of asparagus are excellent for giving it flavour.

WHITE STOCK

White stock is more useful than brown for making vegetable soups. It is made as follows :—

Take two or three pounds of knuckle of veal. Remove the meat and cut it into small pieces. Saw the bones into short lengths. Wipe both with a cloth that has been dipped in water and wrung out. Lay them in the bottom of a granite or earthenware pot.

Chicken and turkey bones and giblets can be added, or part

of the scrag end of mutton from which almost all of the fat has been removed, or part of a calf's foot.

Cover the meat and bones with cold water, using a quart to every pound of them. Bring it so slowly to the boil that the process takes at least fifty minutes. Skim from time to time. Then throw in a wineglass of cold water which will bring more scum to the surface. Skim again, very thoroughly, wiping away any that may have adhered to the sides of the pot.

Reduce the heat and simmer, for three hours at least, with the lid on, but tipped a little to one side to allow the escape of steam.

Add the vegetables—but not too many—a slice of turnip, a small sliced carrot, a very small onion, a stick or two of celery, trimmings of mushrooms and pieces of asparagus.

Simmer the stock for three quarters of an hour, then bring it to a quick boil again and skim carefully. Simmer for another half hour or so.

Strain the stock through a hair sieve into a basin covered with a cloth which has been dipped in very cold water and wrung out. Then set it aside to cool.

Vegetables should never be cooked for more than an hour in stock. They may be used to make a very good purée. If preferred they may be put into a muslin bag. This makes them very easy to remove, and keeps them free from small pieces of bone and meat which are, otherwise, difficult to extract.

I would strongly advise against the use of rabbit in making this stock. Its flavour is too strong.

BROWN STOCK

Brown stock is made in the same way as white stock, but bones, meat and vegetables are browned. Veal, beef, ham, chicken, turkey and game bones, together with giblets can be used. A piece of buttock steak is an excellent addition, so is

part of a calf's foot. Trimmings of meat may also be added : they must be freed of fat. A piece of the scrag end of mutton, from which most of the fat has been taken can also go into this stock.

Break or saw through the bones. Brown them in the oven.

Brown the meat in a little fat or butter, but do not allow it to cook a minute longer than is necessary to colour it well. Drain it.

Brown the vegetables in fat or butter and drain them.

Put the meat and bones at the bottom of a large pan. Add cold water, a quart to the pound of meat and bone, and proceed as directed for white stock.

MUTTON STOCK

A white or brown stock can be made of mutton bones. It is excellent for cabbage and dried bean soups.

QUICKLY MADE STOCK

A pleasantly flavoured white or brown stock can be made in an hour from the bones and carcass of a chicken or turkey. Add vegetables and water and skim diligently.

The bones can be simmered again with a fresh supply of water for use a second time.

SECOND BOILING STOCKS

Bones and meat that have made a good stock, can be covered again with cold water, brought slowly to the boil and simmered for a couple of hours. They will yield a stock which is quite good enough for many soups, since it is for its flavour and stimulating property and not for any nourishing quality that stock is used.

Vegetables which were used in the first boiling should not

be used for the second. Prepare fresh ones and add them at the end of an hour's simmering.

VEGETABLE STOCKS

"Set on a Kettle of Water and put in two or three crusts of Bread and all sorts of Good Herbs, season it with Salt put in Butter and a bunch of Sweet Herbs, boil it for an hour and a half, then strain it through a Sieve or Napkin. This will serve to make Lettuce Soop, Artichoke Soop, Asparagus Soop, Succory Soop, and Soop de Santé with Herbs."—*The Receipt Book* of JOHN NOTT, 1723.

A useful stock can be made of chopped vegetables. These may be browned in butter first, or they may be left uncoloured.

Cover a pound of mixed vegetables with a quart of slightly salted water and let them simmer for an hour. Strain off the water.

The water in which peas, pea-pods, carrots, cabbages, turnips and celery have cooked, can be used for making vegetable soups, instead of plain water.

The water in which dried beans or peas have been cooked can be utilised in the same way.

TO REMOVE FAT FROM STOCK

It is easy enough to remove fat from stock that is cold, for it will have formed a compact layer.

Dip a spoon in very hot water and you will be able easily to separate any fat from the liquid or jelly beneath it.

If there is no time to let the stock cool, a great deal of fat will be absorbed by laying tissue paper on the surface of it.

Or: Dip a cloth into very cold water, wring it out quickly and pour the stock through it. Most of the fat will adhere to the cloth. The process can be repeated if necessary.

GLAZE (Glace de Viande)

Glaze, which is so useful in certain vegetables dishes, is made by reducing a quart of good, well-flavoured brown stock to about a gill. Boil it rapidly in an uncovered saucepan, skimming often. Strain into small pots, cover and keep in a cool place.

The stock used should not be salted, or the glaze will be unpleasantly salt.

GRAVIES

Any clear gravy that has been left over, should be carefully set aside. It is excellent for giving flavour to sauces, or for the braising or cooking of vegetables. Every drop should be saved.

TO THICKEN SOUPS

A supply of cooked *roux* (p. 29) should be kept. With it nothing is easier than to thicken soups. It should be mixed with liquid and then added a little at a time, until the desired consistency has been attained.

Soup can also be thickened by the addition of flour (corn or potato) to the vegetables while they are cooking in butter. With this method there is, however, a danger of lumpiness. It is better to mix the flour, about a tablespoon to the pint of soup, with a little liquid (stock, milk or water), until perfectly smooth, and to add it slowly to the soup, stirring all the time. Then simmer the soup for at least fifteen minutes.

The most delicate way to thicken soups is with the yolks of eggs. (One to the half pint of liquid.) Beat up the eggs very lightly with cream or milk. Put them through a strainer and add the mixture slowly to the soup—which should not be too hot. After the yolks have been added great care must be taken to prevent the soup from boiling, or it will curdle. (This is not the case, however, if the soup contains flour.)

OYL SOPPES

“Take a good quantite of oynons, and myce hem, not to smale, and seth hem in faire water. And take hem uppe; and then take a good quantite of stale ale, as iij galons, and there-to take a pynte of good oyle that is fraied and caste the oynons there-to. And lete al boyle togidre a grete while; and caste there-to Saffron and Salt, and then put brede in maner of brewes, and caste the licour there-on, and serve het forth hote.”—From a Fifteenth Century Cookery Book. Harl. MS. (English Text Society, 1888).

ONION SOUP

“Heat some good salad oil, or better still, melt some butter, add to it onions cut in slices, when they are cooked, pour them into a pan containing hot water, add salt and a little crumb of bread, or a piece of crust that has been toasted by the fire and soaked in broth, then add a couple or more of the yolks of hard-boiled eggs, a drop of vinegar or verjuice, put all through a tammy or sieve, then put it into a dish or a pot with broth, boil all up, then put slices of bread into the soup, boil again for a while and at the last add a little vinegar, or verjuice, and serve the soup; nutmeg can be grated on the soup, if it is it should simmer a little longer.”

—*Le Cusnier François*, par le SIEUR DE VARENNE, 1635.

CHERVIL BROTH

“Instead of boiling your Chervil, pound it, and take about a glass of its Juice, mix it with your Broth, whilst it is hot, but

not boiling, lest the Juice lose its Taste and Quality. This Broth is very cooling, though it does not look pleasing to the Eye, by reason of its Greenness ; but it has more Virtue in the Spring, to sweeten and purify the Blood than in any other Season.”—*The Receipt Book of VINCENT LA CHAPELLE*, Chief Cook to the Prince of Orange, 1744.

SPRING SOUP

“ Take twelve lettuces, cut them in slices and put them into strong Broth, get six green cucumbers, pare them, and cut out the Cores, cut them into little Bits, and scald them in boiling Water, and put them into your Broth, let them boil very tender with a mutchkin of young Pease and some Crumbs of Bread.”—*A New and Easy Method of Cookery*, ELIZABETH CLELAND, 1759.

TO MAKE POTTAGE OF CHOPPED HERBS

“ Mince very fine Spinage, Chives, Parsley, Marigold flowers, Succory, Strawberry and Violet leaves, stamp them with Oatmeal in a Bowl, put chopped Greens in with it ; you may either put Broth or Water to them ; if Water, boil a good Piece of Butter in it ; put Sipets in the Dish, and pour it over them.”—*Ibid.*

JERUSALEM ARTICHOKE SOUP

Prepare about six artichokes as carefully as though for a vegetable dish, throwing them into acidulated water (p. 79). Cut them up and cook them gently in butter in a covered saucepan, together with a dessertspoon of chopped onion and a sliced potato. When tender put them through a

sieve. Rinse the saucepan and put the purée back into it. Add a tablespoonful of tomato purée (p. 254) seasoning and a pint and a half of milk. Heat slowly, but do not let the soup boil. Season, using freshly grated white pepper.

Two or three sliced sticks of celery may be cooked with the artichokes instead of the potato.

If required the soup may be thickened with white *roux* (p. 29).

ASPARAGUS SOUP

Prepare about four dozen small heads of asparagus (see p. 90). Cut off the tips and set them aside. Discard the hard ends. Cut the rest into short lengths. Simmer these in a very little water until they are tender. Then rub them through a sieve.

Put the purée into a pan with a pint and a half of white stock, the water in which they were cooked, and a handful of carefully selected young spinach leaves. Simmer for fifteen minutes. Put through a sieve again.

Re-heat the purée, adding a gill of cream with which the yolks of two eggs have been mixed. Season carefully adding a very little sugar.

Have ready the asparagus tips which should have been cooked in readiness in a little salted water. Add them at the last moment.

BORTSCH

A good Polish Bortsch (beetroot soup) is an expensive thing to make, for a duck should go to its flavouring as well as a piece of beef.

A less extravagant way is as follows:—

Slice finely as for a *julienne*, a little turnip, onion, celery and half the heart of a small Savoy cabbage, all of which should have been blanched for ten minutes in boiling salted water and thoroughly drained. Add to them a similarly sliced beetroot,

Put two tablespoons of butter in a pan. Add the vegetables, cover it and simmer very gently for twenty minutes.

Add stock made of duck bones flavoured with mushrooms and parsley. Put together in a little muslin bag a piece of marjoram, a clove or two, half a bay leaf and several peppercorns. Bring the stock to the boil and simmer gently.

Have ready a number of dice of beef cut from a piece of the brisket, which have been blanched for ten minutes in boiling water. Add them to the soup and simmer till they are tender.

Remove the small muslin bag with its contents. Add a small ladleful of beetroot juice, a little chopped fennel and seasoning. Serve very hot on hot plates.

Hand separately a jug of fresh or sour cream (p. 28), or pour a little of either on each portion of soup before serving it.

Beetroot juice can be obtained by chopping a beetroot very finely and crushing it with a wooden spoon on a hair sieve. Strain the juice which passes through. A little vinegar should be added, as this soup must be faintly acid.

LENTEN BORTSCH

Put quarter of a pound of dried mushrooms to soak in cold water over night.

The next day put the mushrooms into a pan and cover them with boiling water. Let them stand for twenty minutes. Pour the water away and wash them in several changes of hot water, or until they are absolutely clean.

Put them into a saucepan together with an onion and a little salt. Cover them with cold water, bring it to the boil and cook until the mushrooms are tender.

Parboil small beets weighing in all about a pound and a half: that is to say cook them for about forty minutes (see p. 96). Cook separately half a pound of cabbage. Cut both into thin strips. Put them in a pan with a little butter, a

pinch of pepper, a bay leaf and a piece of fennel. Simmer them for ten minutes. Strain the water the mushrooms were cooked in over them. Chop the mushrooms finely and add them to the soup. Thicken it with flour (p. 50). Simmer for half an hour.

A little tomato purée (p. 254) may be added to this soup. Serve it with *Pirog* stuffed with carrots, cabbage, or rice and mushrooms (p. 275).—COUNTESS BENIGSEN.

BROAD BEAN SOUP

Take a pound of shelled broad beans. Blanch them in as little boiling water as possible for ten minutes. Strain the water off into a bowl and remove the hard outer shells.

Put a tablespoon of chopped onion into hot butter. Add the beans. Put the lid on the pan and let the vegetables cook very gently until tender. Put them through a sieve, and, having rinsed the saucepan, put the purée back into it.

Add about a pint of milk and all or part of the water in which the beans were cooked. Re-heat very slowly. Add seasoning, a very little sugar, and a little green colouring (p. 243).

Stock may be used instead of milk, and the soup can be thickened either with white *roux* (p. 29) or the yolks of eggs mixed with milk or cream and strained (p. 250).

CABBAGE SOUP (1)

Mince an onion. Fry it golden brown in butter. To it add a pressed-down cupful of cooked cabbage which has been finely cut up and a scant cup of cooked rice. Let these simmer together for a few minutes, then add salt and pepper, a teaspoonful of sugar, and a little grated cheese. Pour over the mixture the contents of a large tin of Carnation or other unsweetened condensed milk, adding a little fresh milk if the soup is too thick.—MRS. DENIS O'SULLIVAN.

CABBAGE SOUP (2)

Take an uncooked ham-bone together with a slice of ham (or a piece of very mild lean bacon, or a slice of mildly salted pork). Put them in a saucepan with three pints of water. Bring it very slowly to the boil, skimming often. Simmer for an hour.

Wash and chop up the heart of a large Savoy cabbage. Add it to the stock together with a small chopped onion, a stick or two of celery, a sliced potato and a tomato which has been skinned and gently pressed to extract the seeds.

Cook for an hour, adding more boiling water, if necessary. Skim from time to time. Remove the bone and slice of ham or pork. Season and serve very hot. A good deal of freshly grated white pepper can be used in this soup and grated cheese should be handed with it.

CABBAGE SOUP (3) (Little Russian Soup)

Wash and chop the half of a fine cabbage. To it add half a pound of skinned tomatoes (having pressed out their seeds), a sliced turnip, carrot and potato. Cook the vegetables in three pints of salted water. When they are tender, add half a pint of sour cream (p. 28), and set the soup where it will remain hot but cannot boil.

A little chopped dill improves the flavour of this soup which can be made with stock instead of water.

—MADAME SZTOLCMAN.

CARROT SOUP (1)

Take a pound of carrots, wash and scrape them. Cut them in half lengthwise and remove the hard central core. Slice them finely.

Put two tablespoons of butter in a pan. When it is hot, add the carrots, a very small onion finely chopped and a handful of endive or lettuce leaves. (These may be the

leaves which have been discarded from a salad so long as they are not bruised or discoloured.) Cook very gently until the vegetables are tender and lightly coloured. Add about a pint and a half of water or stock and simmer again for ten minutes. Put all through a sieve. Re-heat and season. Add a little sugar.

Vermicelli or pearl or tapioca can be cooked in this soup after it has been put through the sieve.

CARROT SOUP (2)

Prepare and slice about a pound of carrots, discarding the woody centres.

Brown a small sliced onion in butter together with a couple of tablespoons of finely sliced celery. Put the lid on and simmer for quarter of an hour. Then add two pints of water and a ham bone, or piece of ham. Simmer for an hour. Remove the ham and put the vegetables through a sieve.

Game stock can be used instead of water and a ham bone. Its flavour is very good with carrots. A handful of picked and washed rice can be cooked with the vegetables.

CAULIFLOWER CREAM

Prepare a large cauliflower as directed on page 127 carefully removing the coarse outer skin from each little bunch of "flower."

Put the cauliflower into boiling salted water and cook it until tender, but not soft. Set aside a number of small pieces. Put the rest into about two pints of veal or chicken stock and simmer for ten minutes or so. Put all through a sieve and return the purée to the rinsed saucepan.

Thicken this soup with white *roux*, adding a little extra butter. Season. Just before serving stir in a small wine-glass of cream and the little pieces of cauliflower which you have set aside.

Or, thicken it with the yolks of eggs mixed with cream and strained.

CELERIAC SOUP

Take a large root of celeriac, wash and peel it and cut it up finely. Put it into a pan with a big tablespoon of butter and one or two young carrots which have been sliced very thin. Cook until tender. Then add some white stock and simmer for ten minutes. Put all through a sieve. Thicken if necessary with white *roux* (p. 29). Whisk it till it froths.

CELERY CREAM

Take two heads of celery, wash them and cut them into short lengths.

Cook a dessertspoonful of chopped onion in butter, but do not let it colour. Add to it the celery and a little white stock. Simmer till tender and then put through a sieve.

Put the purée back into the rinsed saucepan and add to it about a pint of milk. Bring it to the boil and thicken it with a little white *roux*. Simmer very gently for fifteen minutes. Season and add a gill of cream. Take a whisk and whisk the soup until it froths. Serve at once.

CUCUMBER SOUP

Prepare a large cucumber by cutting it up, salting and draining it (p. 146). Put it into a pint of white stock, together with two tablespoons of fine breadcrumbs which have been soaked in milk, and a touch of onion. Simmer gently.

When the cucumber is tender, put it together, with the stock, through a fine sieve. Pour back into the rinsed saucepan. Re-heat it, but not to boiling point, add more stock if required.

Mix the yolks of two eggs with a little cream. Strain them. Add them to the soup, stirring continually until it thickens, but do not allow it to boil,

Add some fresh young peas which have been cooked separately, or tiny balls (no bigger than peas) of cooked cucumber. Sprinkle with finely chopped tarragon and chives.

This soup is improved by the addition of a pinch of sugar.

FRENCH BEAN SOUP

Prepare and cut up half a pound of tender French beans. Peel and slice a medium sized potato. Put both into a pan with a heaping tablespoon of good butter. Put on the lid and simmer very gently for twenty minutes. Add a cupful of stock. Put all through a sieve. Put back into the pan and make up the required quantity of soup by adding cold milk. Cook very gently for a few minutes, but do not allow the soup to boil. Season.

Serve with dice of very tender beans that have been cooked separately in salted boiling water and well drained.

GREEN SCHTI (A Russian Soup)

Boil half a pound of picked spinach and, having drained it, put it through a sieve.

Chop a small onion and fry it in butter. When partly cooked, add the spinach and a little flour. Stir the mixture well together with a wooden spoon.

Add a handful of well washed and chopped sorrel, and a spoonful of butter. Cover the pan and cook the contents very slowly for about twelve minutes—or until the sorrel is tender. Then add the juice of the stalks of the sorrel.

To obtain the juice, wash the stalks and put them in a saucepan with a little butter and two tablespoons of stock. Simmer them until they are tender, then rub them through a sieve.

Add some clear white stock made without vegetables. Bring the soup to the boil and let it cook for several minutes.

Add a little sour cream (p. 28), bring to the boil once more and serve with stuffed eggs.

The stuffed eggs are prepared as follows :—

Cut eggs that have been boiled for fifteen minutes in half lengthwise. Scoop out the yolks and pound them with butter, finely chopped parsley and seasoning. Fill the whites with the mixture, egg-and-breadcrumb each (p. 19), and fry them in hot fat (p. 22), till they are golden brown.

These eggs can be served in the soup or separately.

Sour cream (p. 28), is always handed with this soup, and a spoonful of it added to every plate.—COUNTESS BENIGSEN.

HARICOT BEAN OR DRIED PEA SOUP

Prepare the vegetables as directed on page 106. Make a purée of them. Add stock and seasoning and a little *roux*.

Onion and tomato can be added to a bean soup and a little ham is good cooked with it. The heart of a lettuce and a small onion will freshen a dried pea soup.

If stock is not available use the water in which some vegetable, such as spinach, beans or pea-pods have been cooked.

GREEN PEA SOUP

Cook half a pint of peas with the sliced heart of a lettuce and a little onion in a tablespoon or two of the best butter in a closed pan until all are tender.

Put the vegetables through a sieve and back into the rinsed pan with two pints of white stock (or stock and milk) and a lump of sugar. Simmer for ten minutes.

Thicken with a little white *roux* (p. 29) or with cream and yolks of eggs (p. 50).

Have ready a teacupful of very young cooked peas and add them to the soup. Season. A tablespoon of hazel-nut butter (p. 20) may also be added.

HAZEL-NUT SOUP

Wash and pick over six fine cabbage lettuces. Discard all the green leaves. Cut up the hearts into strips. Spread them out and season them, adding a pinch of sugar. Then put them into a saucepan in which you have melted some butter. Cover the pan and let the contents simmer for half an hour, then add a knuckle of veal (whole), a large onion, two quarts of water and one of milk, also six tablespoons of blanched rice. Add more salt, close the pan again, and simmer for two hours.

Take out the knuckle and put the rest of the soup through a fine sieve. Taste it to see if it is rightly seasoned and then put it back into the pan.

Now is the moment to add the precious nutty flavour.

Put a big handful of freshly peeled hazel-nuts and about three ounces of butter in a mortar. Pound them together until you have a thick pomade. Pass it through a fine sieve.

Heat a soup tureen. Put the nut-butter into it together with the yolks of three eggs which have been mixed with half a pint of cream. Arm yourself with a strong whisk in good working order and having poured the boiling soup into the tureen, whisk hard and fast. You will then have one of the most delicious, the most stimulating and the suavest of all soups.—M. PAUL BOUILLARD. *La Cuisine au Coin du Feu*. (Michel Albin.)

LEEK SOUP (I)

Chop the white part of three leeks. Add to them half a cupful of cooked haricot beans, a chopped onion and a few herbs. Simmer them in a little butter in a closed pan. Then add water or stock and cook until the leeks and onion are very tender. Put all through a sieve and back into the pot. Add milk and seasoning. Bring to the boil and serve at once.

LEEK SOUP (2)

Clean three or four big leeks, discarding all but the white part. Chop them coarsely and put them into two pints of either water or stock, adding, roughly, three-quarters of a pound of potatoes, sliced.

Bring to the boil, skimming whenever necessary, and simmer for about half an hour. Before serving add some small pieces of the best butter and a sprinkling of freshly grated pepper and finely chopped chervil or parsley.

LETTUCE SOUP (Father Tranquillity's Soup)

This receipt was given to M. Renaudet by a French doctor, who declared it to be tranquillising for nervous people suffering from sleeplessness. I have tried it with excellent effect. This may have been due to its own properties, or the pleasant suggestion of the name.

Allow half a lettuce for each person, sufficient stock to make a soup that is not very thick and slices of bread not more than half an inch thick.

Discard the bruised or discoloured leaves of the lettuces. Cut up the outer leaves, and cut the hearts in half. Cook them in a little stock. (Butter should not be used, for it will make the soup less light.) Simmer very gently. As the stock evaporates, add more until the lettuces are cooked to a purée. Then add as much more stock as you will require. Cook again for eight minutes. If the hearts of the lettuces have not been reduced to a purée take them out. Take the soup off the fire.

Just before serving, add some good fresh butter. Put the slices of bread in the soup tureen and pour the soup over it. Keep hot and serve within three minutes.—*Les Secrets de la Bonne Table*. B. RENAUDET. (Albin Michel.)

LETTUCE AND ALMOND SOUP

Blanch two ounces of Jordan almonds. Chop them finely and pound them in a mortar with a little butter.

Blanch three or four lettuces, having discarded any discoloured or coarse leaves, for ten minutes in salted boiling water. Drain off the water and press out the moisture from the lettuces. Chop them.

Put a little butter in a pan. Add the lettuces and a little chopped onion and cook for quarter of an hour. Then add white stock. Simmer again and when the lettuces are very tender put them through a sieve and back into the saucepan. Add the almond butter and sufficient milk to make the required quantity of soup. Season. Just before serving, pour in a little cream and whisk the soup till it is frothy.

A little *roux* can be added to this soup, or it may be thickened with the yolks of two eggs mixed with the cream and strained.

MUSHROOM SOUP

Take half a pound of mushrooms and wash them, having cut off the ends of their stalks. Chop them finely. Cook them, together with a teaspoon of finely chopped onion, in butter. Put them through a sieve.

To the mushroom purée add a pint and a half of good white stock. When it is hot, but not boiling, thicken the soup with the yolks of two eggs (p. 50), which have been mixed with a gill of cream and put through a strainer. Season and serve.

Little mushrooms, very small button ones, stuffed with chopped chicken, breadcrumbs, and a touch of onion, all browned together in butter, drained and seasoned (p. 182), may be served with the soup.

NETTLE SOUP

Take a pound of carefully selected young nettle tops. Wash them and add to them a handful of picked and washed sorrel. Put them, together with a teaspoonful of finely chopped onion, in a pan with some hot butter. Put the lid on and let them simmer for about ten minutes, shaking them occasionally.

Add a pint and a half of stock to the nettles and simmer for quarter of an hour. Put through a sieve and back into the rinsed saucepan. Add a little butter cut in tiny pieces and a gill of cream and seasoning.

The cream may be omitted and a little milk added to the soup, after which it should not boil again. If the purée is too thin, thicken it with *roux*.

In Elizabethan days, this soup was considered to be very sedative and good, if taken last thing at night, for people suffering from sleeplessness.

HIGHLAND NETTLE BROTH

Gather young nettles from the higher part of the wall where they are clean. Wash the tops in salted water and chop very finely. Have some good chicken stock boiling—chicken stock is best—in which you have cooked a sufficient quantity of barley. Add the nettles, simmer till tender, and season to taste.

—MISS MCNEILL'S *The Scots Kitchen*. (Blackie)

ONION SOUP (I)

Prepare, peel and slice two Spanish onions.

Heat a large tablespoon of butter in a pan. Put in the onions. Sprinkle them with a dessertspoonful of sifted flour. Cover the pan and simmer gently until the onions are tender. Do not let them colour.

Put the onions through a sieve. Add the required

quantity of cold milk to make your soup—about two pints. Re-heat slowly and season well. (Half white stock and half milk may be used.)

This onion soup can be made more nourishing by the addition of a couple of yolks of eggs, mixed with cream (p. 50).

Serve it with grated cheese—handed separately.

ONION SOUP (2)

“Boil six or eight large onions in milk and water till quite tender, changing the water two or three times, put them through a sieve, add half a pint of good cream, and put them into good veal or mutton broth, and send it to table the thickness of good cream; serve with fried bread.”

—MRS. ROUNDELL.

ONION SOUP (3) “Fisherman’s Soup”

This receipt was given to M. Renaudet by a great sportsman and fisherman, who was also a *gourmet*. There are variants of this excellent soup—but none, so M. Renaudet considers, to equal his. Nothing could be better, more warming or soothing, after a day’s sport.

Toast a number of slices of bread half an inch thick. When they are cold, spread them with fresh butter. Cover the butter with grated cheese. (These two layers should together equal the toast in thickness and should be spread in the proportion of one of butter to two of cheese.)

Peel and slice a number of medium sized onions, allowing one to each guest. Cook them in butter until they are delicately coloured.

Take an earthenware marmite and line it with the toast. Cover this layer with one of sliced onions. Build up with alternating layers of toast and onion. When the pot is half full, add tomato purée, allowing a tablespoon for each person.

Then proceed with the layers of toast and onion, making them very regular. Over the last layer of onion pour more tomato, allowing a teaspoonful only to each guest. Finish with a good layer of grated cheese. At this point your pot should only be two-thirds full, for the toast will swell in cooking.

Take a funnel and press the end of it down to the bottom of the pot. Pour salted hot water through it until the whole mass begins to rise about an inch or so. (The amount of salt used must depend on the cheese used. A little more is easily added during cooking. Too much will spoil the soup.)

Put the pan in the oven, uncovered, and let the contents simmer for half an hour. At the end of this time, and again later, if the liquid has evaporated, add more boiling water. Always use the funnel, or you will disarrange the layers.

Continue cooking the soup very gently for an hour. It will then be ready and the top layer of cheese should have become crisp and golden.

By the time the soup is finished, it should have been reduced to a purée in which it is impossible to distinguish the ingredients.

Each guest should be given his part of the golden crust as well as of the purée which should be thick and unctuous.

—From *Les Secrets de la Bonne Table*. B. RENAUDET. (Albin Michel.)

DRIED PEA AND SPINACH SOUP (Spanish Receipt)

Put a pound of Spanish dried peas (garbanzo) into tepid salted water, and let them soak all night.

Strain off the peas, and put them into a pan with three quarts of cold water. Bring it slowly to the boil, skimming well. Then add a few drops of pure olive oil, a sliced onion, carrot, a sprig of parsley, a bay leaf and a clove or garlic. Simmer until the peas are tender.

Wash some spinach, cook it in boiling water, drain it and chop it. Add it to the peas.

Take a soup-ladleful of peas, carrot and onion out of the soup. Put them through a sieve and back again into the soup.

Prepare and chop an onion with a clove of garlic. Add to them chopped parsley, pepper and tomato. Mix these together with a little of the stock and put them into the soup. Simmer for about three-quarters of an hour longer. Season.—SENORITA ESPADAS.

PEANUT SOUP

Take a pound of roasted peanuts. Remove their shells and skins. Pound them in a mortar.

Mix the powder with the contents of a tin of good unsweetened condensed milk, or with fresh milk which has been thickened with the yolks of eggs.

Heat the mixture, adding to it a small dessertspoonful of good brandy. Do not let it boil if yolks of eggs have been used. Season it.—MRS. DENIS O'SULLIVAN.

POTATO SOUP (1)

Chop up the white part of a leek. Put it into a pan with butter and let it cook very gently until lightly coloured.

Cut up two peeled potatoes and put them in a pan together with a pint of milk and the leeks. Simmer until tender. Put through a sieve with the milk. (Milk and water can be used.)

Take the leaves from a handful of watercress and scald them for a minute in boiling water. Take them out, drain them and chop them.

Re-heat the potato purée, add a few very small pieces of butter and seasoning. Add the watercress.

POTATO SOUP (2) Hungarian Receipt

Take a pound of potatoes, wash, peel and cut them into dice. Mix together a meagre tablespoon of refined fat and one heaped tablespoon of flour. Add half a bay-leaf to it, and cook until it is golden brown. Remove the bay-leaf. Add the potatoes. Let them cook gently for five minutes. Add the required amount of water to them and cook till tender. Season.—MME. DE SZASZ.

PUMPKIN SOUP (1)

Pumpkins can be bought in England and the soup that is made with them is exceedingly pleasant.

Peel about a pound of pumpkin, remove the seeds and any stringiness. Cut it up in thin slices. Blanch it in boiling water for ten minutes. Drain it thoroughly.

Heat two tablespoons of butter in a pan. Add the pumpkin. Close the pot and simmer gently till it is tender. Put it through a sieve, add seasoning and a little sugar, with sufficient milk to make up the required quantity of soup (about three pints). Whisk the soup to make it frothy and smooth.

Just before serving, add a little more butter, cut in tiny pieces, and a couple of tablespoons of cream.

Pumpkin soup can also be made with stock.

PUMPKIN SOUP (2)

Cook the pumpkin with a little onion in butter. After ten minutes, add a couple of peeled tomatoes, or a large spoonful of tomato purée. Simmer again. Put through a sieve and add the stock to it. Whisk the soup for a few minutes to make it smooth.

REVELLER'S SOUP (Hungarian Receipt)

This soup is nearly always served at private dances which last into the morning ; hence its name.

Take about a quart of the liquid of *Sauerkraut*, add to it small slices of sausage and some calf's or pig's brain, boil all together. Make an exceptionally thin *roux*. In it fry half a teaspoonful of chopped onion and pour the soup on to it. The soup must be quite thin—almost like clear soup. Before serving add a spoonful of sour cream (p. 28).

—MME. DE SZASZ.

SORREL SOUP

Sorrel soup is considered good for the blood in spring, but, unadulterated, its sharp flavour is not always pleasing. It is best, therefore, to mix with it some milder green vegetable.

Take half a pound of picked sorrel. Blanch it, together with some young turnip tops or spinach, or lettuce leaves, in boiling water for five minutes. Take them out, drain them thoroughly. Chop them finely.

Heat a tablespoon of the best butter in a pan. Add the vegetables, together with a teaspoon of chopped onion and a small lump of sugar. Put on the lid and simmer for ten minutes. Add a pint of water in which some vegetable has been boiled, or stock. Simmer again for a short time and then put all through a sieve.

Rinse out the saucepan used and put the purée into it. Re-heat, seasoning carefully. Finish with a little cream or milk and do not let the soup boil again.

A handful of peas can be cooked with the vegetables if desired. The soup can be slightly thickened with *roux*.

CREAM OF SPINACH SOUP

Mince an onion and cook it in butter till it is golden brown. Add to it a cup of well-pressed down and finely chopped spinach. Let these cook together for a few minutes. Season them, adding a pinch of sugar.

Pour in the contents of a small tin of Carnation or other

unsweetened condensed milk, adding a little fresh milk if the soup is too thick. Heat it.

Grated cheese can be served separately with this soup.

—MRS. DENIS O'SULLIVAN.

TOMATO SOUP (1)

Cook a small tin of tomatoes (or a pound of fresh ones) with butter, a tablespoon of chopped onion that has been lightly browned in butter, a slice of bacon and small bouquet of herbs (p. 17), for half an hour. Take out the herbs and bacon and put the tomatoes through a sieve, then back into the rinsed saucepan. Add stock, about a pint and a half, and two tablespoons of cooked rice. Season well and if the soup is too acid, add a little sugar. Thicken with a little brown *roux* and simmer for quarter of an hour.

TOMATO SOUP (2)

Simmer the contents of a small tin of tomatoes (half-pint) with a very little chopped onion and a lump of sugar for fifteen minutes.

Put the tomatoes through a very fine sieve and back into the rinsed saucepan. Add a pinch of bicarbonate of soda to a pint of milk. Heat it, add it to the tomato purée and, having seasoned the soup, *serve it at once*.

TURNIP SOUP

This soup, to be good and delicate, must be made of young turnips of fair size.

Fill a big saucepan with cold water and bring it to the boil. Peel a dozen turnips and cut them across in slices. Put them into the boiling water. Then remove the pan from the fire, put on the lid, but keep it hot for five minutes. Take out the turnips and pour cold water over them. Dry them on a cloth.

Put two ounces of butter in a pan and cook the turnips gently in it, but do not allow them to colour. Add three pints of milk, salt, black pepper and a touch of spice. Put on the lid and simmer the contents very gently.

When the turnips are tender, put them and the milk through a sieve, pressing them down with a wooden pestle. If the purée is too thick, add more milk. Add another two ounces of butter. Having done this keep your soup very hot, but do not allow it to boil again.

Very thin slices of bread (or toast) can be laid at the bottom of the soup-tureen and the purée poured over them.

—M. RENAUDET. *Les Secrets de la Bonne Table*. (Albin Michel.)

VEGETABLE MARROW SOUP

Peel and cut up a young marrow. Set aside a few dice-shaped pieces and cook them separately in milk.

Put the marrow in a pan with a little butter and a teaspoon of chopped onion, and simmer them for ten minutes. Add about two pints of milk, or milk and white stock. Simmer until the marrow is tender. Put all through a sieve and then back into the rinsed saucepan.

Simmer again very gently for a few minutes. Add a little butter in tiny pieces, seasoning and the dice of marrow. Sprinkle with finely chopped chervil.

Cooked pearl barley can be added to this soup.

WATERCRESS AND POTATO SOUP

Peel several floury potatoes, put them into a large pan in which plenty of salted water is boiling fast.

Break off the stalks from a bunch of watercress. Wash the leaves and put them into water.

Continue to cook the potatoes in fast boiling water.

Meanwhile mix the yolks of eggs (one for every two

persons) with cream or milk : add to them several small pieces of butter.

When your soup is ready (it will take about twenty minutes, and the faster it boils the better) put it all through a sieve and back into a saucepan. Bring it to the boil, season it and add the watercress leaves. A moment's more boiling—which will make the leaves very green—and the soup is poured into a bowl into which you have put the egg and cream mixture and butter. Whisk it well till the ingredients are smoothly mixed.

Serve with it little croûtons of bread which have been fried in butter.

This soup tastes excellent, and it is very good for you.

—M. PAUL BOUILLARD. *La Cuisine au Coin du Feu.*
(Albin Michel.)

THE SEASONS OF VEGETABLES

Artichoke.	Globe	June to October.
„	Jerusalem	November to April.
„	Japanese	November to April.
Asparagus.		April and June.
Beans.	Asparagus	Summer.
„	Broad	May to August.
„	Butter	Summer and autumn.
„	French	All the year.
„	Scarlet	July to October.
Beetroot.		All the year.
Brocoli.		September to June.
Salad Burnet.		Summer.
Brussels Sprouts.		October to March.
Cabbage.		All the year.
„	Turnip-rooted.	Autumn.
Cardoon.		October to March.
Carrot.		All the year.
Cauliflower.		All the year.
Celery.		October to April.
Celeriac.		October to April.
Turnip-rooted Chervil.		July and through the winter.
Chicory.		October to May.
Chives.		All the year.
Corn Salad.		September to March.
Cress.		All the year.
Cucumber.		All the year.
Dandelion.		Autumn to spring.
Egg-plant.		Summer and autumn.
Endive.		All the year.

Florence Fennel.	The end of summer till late autumn.
Garlic.	All the year.
Hops.	Spring.
Horseradish.	All the year.
Kale.	November to March.
Kohl-rabi.	Autumn.
Leek.	November to March.
Lettuce.	All the year.
Maize. (Sweet corn)	August and September.
Mushrooms.	All the year.
Nasturtiums.	Summer.
Nettle.	Spring.
Onion.	All the year.
Orache.	Summer.
Parsley.	All the year.
„ Edible-rooted	September.
Parsnip.	November to March.
Patience Dock.	Most of the year.
Peas.	May to November.
Peppers.	August and September.
Potatoes.	All the year.
„ Sweet.	September and through the winter.
Pumpkin.	Late summer, keeping through winter.
Radish.	All the year.
Rampion.	October and through the winter.
Salsify.	October to March.
Scorzonera.	October to March.
Sea-kale	December to May.
Skirret.	September to March.
Sorrel.	April to September.
Spinach.	All the year.

Spinach beet.	Late summer and autumn.
Tetragon.	Summer.
Thistle Roots.	September and through winter.
Tomato.	All the year.
Turnip.	All the year.
Vegetable Marrows	July to October.
Watercress.	All the year.
Yam.	November and through the winter.

APPLES

Apples as a vegetable are very good with pork.

Slice some tart apples, having wiped but not peeled them. Take out the pips and cut each slice in half.

Heat some clarified butter (p. 20) in a pan and simmer the apples in it, adding a little sugar.

THE GLOBE ARTICHOKE

Cynara Scolymus. Perennial. Native of South Europe and Barbary. Season : May to October in England.

Fr. *Artichaut*. Ger. *Artischoke*. It. *Carciofo*. Sp. *Alcachofa*.

The globe artichoke, once known as the "Thistle of the Garden," is one of the oldest cultivated vegetables, brought, as Thomas Hyll says in his *Profittable Arte of Gardening*, 1568, "through travail from his wildness to serve unto the use of the mouth."

Hakluyt (*Second Voyage*, 1599) writes of its introduction to England: "In time of memory things have been brought in that were not here before . . . as the Artichowe in time of Henry the Eight." It grew in his royal gardens, and at one time the English artichoke was so celebrated that it was exported to France, the Low Countries and Italy. It was popular, too, at home. Dr. Muffet, in his *Health's Improvement* (1655) writes: "Since my remembrance they were so dainty

in England, that usually they were sold for crownes a piece ; now industry and skill hath made them so common, that the poorest man is possessed of Princes Dainties."

Miss Rohde, in her book, *A Garden of Herbs*, notes that globe artichokes were once considered to be so attractive to mice and moles that it was thought wise to "bring uppe and learne a young Catte, or tame Weesell to hunt daily in those places."

"The nailes or bottoms . . . eaten raw with pepper and salt, but commonly boiled with the broth of fat flesh, with pepper added . . . yield to the bodie a rawe and melancholike juice."—GERARD'S *Herball*, 1597.

TO FRY ARTICHOKES

"Boyl and sever all from the Bottoms, and slice them in the midst and quarter it, dip them in Batter and fry them in Butter, for the Sauce take Butter and Sugar with the juice of an Orange. Dish your Artichokes with this sauce (being fried brown) and lay boyl'd marrow of bones on them. Garnish it with Orange and serve up."

—*The Receipt Book of* JOSEPH COOPER, Cook to Charles I, 1654.

TART OF CREAM OF ARTICHOKES

"When your Artichoke Bottoms are well boil'd, beat them in a Morter, and strain them through a Cullendar, with Butter or melted Lard, the Yolks of two Eggs raw, season this with Salt and Nutmeg, and put it into fine Paste, but let it be very thin, and bake it and serve it away with Gravy and Juice of Lemons."—*Le Cuisinier Royal*, 1662.

TO BROIL ARTICHOKES

"In Italy they sometimes broil them and as the Scaleey

Leaves open, baste them with sweet and fresh Oyl, but with Care extraordinary, for if a drop fall upon the Coals all is marr'd ; that hazard escap'd, they eat them with the Juice of Orange and Sugar."—JOHN EVELYN, *Acetaria*, 1699.

TO DO HARTICHOCK BOTTOMS

"Cut all the leaves and chock off, and sok them in cold water. Then change the water once or twice and after that stew them in a little water with gravey and butter and serve them up so ; or fry them, which you please."

—*The Receipt Book of* MRS. ANN BLENCOWE, 1694.

ARTICHOKES THE ITALIAN WAY

"Take the middling sort of Artichokes, pare and boil them, till you can easily take off the Chokes, and cut small Parsley with a few green Onions and Mushrooms ; put them in a Stew pan over the Fire, with half a glass of good Oil, Pepper, Salt and sweet Herbs ; put in a Baking-pan some Slices of Bacon, place over these your Artichokes, put into every Artichoke Mushrooms and green Onions, cover these with Slices of Bacon, and put them into the Oven ; being done, take them out to drain, and dish them up. At another time, serve them up with a White Sauce."

—*The Receipt Book of* VINCENT LA CHAPELLE, Chief Cook to the Prince of Orange, 1744.

GENERAL DIRECTIONS

It would be an excellent thing to bring this lordly plant into greater favour again in England. It exists in most kitchen gardens, but little is done to perfect the heads, and it is rarely that one can get them at their best in shops. Many

come from abroad and are dry and travel-tired before they reach the kitchen.

Grown in rich and rather humid soil, well manured and placed where it will get as much sun as possible, the artichoke will thrive. It has the great value of being in season for nearly six months. Mr. Robinson, in his *Vegetable Garden*, says that the "Large Paris" artichoke is the one most cultivated near that city and that no other variety has such a broad, thick and fleshy receptacle (*fond*). In Vilmorin's Catalogue (1930) *Gros Vert de Laon* is given as a favourite for growing in the districts round Paris. This should suit England well.

Never buy artichokes that have hard, sharp, brown tips.

Prepare them by standing them in plenty of cold water to which you have added salt and a tablespoon of vinegar. This is very necessary for they often hold not only dust but insects. Drain them well.

Cut the tails off and scrape the bottoms with a sharp knife. Cut off the coarse outer row of leaves and trim the tops of those that remain with very sharp scissors until you have a nicely rounded artichoke.

Put salted boiling water in a large pan (it must not be an iron one), add a tablespoon of vinegar or lemon juice and lay in the artichokes. Cook them until they are tender. (You can tell when an artichoke is cooked, for the leaves will pull out easily.) Never cook them longer than is absolutely necessary or their flavour will drain out into the water. Young ones should be ready in a quarter of an hour; old ones may take three times as long. Take them out and stand them upside down to drain. Pull out the worthless little thin inner leaves and with a sharp-pointed silver spoon scrape off the choke which covers the bottom.

Neither vinegar or lemon should be used freely in the cooking of artichokes. Their flavour though very individual is delicate and easily overpowered. Acid is used to keep the

fonds from blackening ; but flavour is much more important than appearance.

ARTICHOKES BOILED

Prepare the artichokes as directed and when they are thoroughly drained, fill the centres with a good Hollandaise sauce (p. 55) and serve at once. Do not use lemon in the sauce. It destroys the flavour of the artichoke.

In Provence, where artichokes abound and are used in the making of all sorts of good *ragoûts*, oil is added to the water for cooking them. Sufficient of it is put in the pan to cover the bottom of it. The artichokes are then laid in and about half a pint of boiling water added. They are boiled quickly. Madame Pampille in her *Bons Plats de France* says that after eating them prepared in this way, one should drink pure water only. "Wine would taste harsh, whereas water drunk after eating them takes on a sweet and delicious flavour." As a slight variant on this way of cooking, oil may be poured into the centre of each artichoke and boiling water added. The oil must, of course, be the best olive.

Artichokes can also be eaten cold. Into the vinaigrette sauce (p. 40) which accompanies them, put a little very finely chopped white of hard boiled egg.

ARTICHOKES BOILED AND STUFFED

Cooked artichokes may be stuffed in various ways :—

1. Make a stuffing of chopped mushrooms, a little ham and a teaspoon of chopped onion. Turn these over in good fresh butter till they are very lightly coloured. Drain them and mix them with a spoonful of very good brown stock that has been slightly thickened with brown *roux*. Season well and fill the cooked artichokes with the mixture. (The yolks of eggs can be used instead of stock for binding the

stuffing.) Sprinkle with tiny pieces of butter and bread-crumbs.

Put a little butter or oil in a fireproof dish. Stand the artichokes in it and bake in the oven for about ten minutes.

2. Chopped white meat of chicken, or chickens' livers which have been sautéed in butter, can be used to make a stuffing, together with mushrooms, a little onion and thickened chicken stock.

3. Artichokes may be filled with a thick creamy purée of spinach.

ARTICHOKE BOTTOMS

These, of course, should be fresh, since the preserved ones have so little flavour. If, however, you are forced to use bottled *fonds*, blanch them for a moment in boiling water before using them.

Prepare the *fonds* carefully, brush each over lightly with lemon juice. Cut them in quarters and cook them slowly in very hot, clarified butter, turning them once. Season and serve very hot.

ARTICHOKE BOTTOMS A LA CURNONSKY

When you are going to roast a fowl before the fire, lay under it, when it is three-quarters cooked, a layer of hot cinders. On these place a very thick earthenware dish with the bastings of the chicken in it.

Have ready a dozen fine artichoke bottoms. Season them and on six of them place slices of *foie gras* and a piece of truffle. Cover these with slices of *foie gras*. Press the layers down a little and cover them with the remaining six artichoke bottoms.

Put these in the dish and let them colour, turning them once. Baste them continually with the butter which falls from the fowl.

Remove the artichokes and take the grease from the sauce. Add a little madeira to it.

This, as its author remarks, is a *plat de luxe*, and since so few of us roast our fowls before the fire, can rarely be carried out according to his instructions.

Good results would, however, come from using a little chicken fat, butter and chicken gravy and cooking the artichokes in the oven, basting often.

M. Marcel Curnonsky's receipt given me by M. Dorin, Patron of *La Couronne*, Rouen.

ARTICHOKE BOTTOMS WITH MUSHROOMS

Cook the *fonds* whole in butter. Drain them well. On each put a spoonful of chopped mushroom which has been cooked in butter, together with a very little finely chopped onion, seasoning and well drained.

Or: each *fond* may be covered with a grilled or stuffed mushroom (p. 179).

ARTICHOKE BOTTOMS WITH *Foie Gras*

Cook the *fonds* whole. Heat a little *foie gras* and mix it thoroughly with thick cream. Season. Cover the *fonds* with this mixture. Make a Béarnaise sauce (p. 33), cover the *foie gras* with it and glaze for a minute under the grill.

ARTICHOKE BOTTOMS *Au Gratin*

Cook the artichokes and remove the leaves, using the *fonds* only. (These should be large and fleshy.) Place them at the bottom of a wide fireproof dish, which has been well-buttered. Mix the yolks of two eggs with sufficient milk and a little cream to cover the artichokes. Sprinkle the top with a few small pieces of butter. Bake very gently in the oven.

This dish I tasted, in perfection, at Léon Déan's in Lyons. It was exceedingly delicate and good.

ARTICHOKE BOTTOMS WITH FRESH TRUFFLES

Prepare eight artichoke bottoms in the usual way, throwing them immediately into water to which you have added the juice of a lemon.

Cut up half a pound of truffle into small dice.

Put quarter of a pound of fresh butter in a pan. Drain and wipe the artichoke bottoms and when the butter is hot lay them in it. Sprinkle them with salt and pepper and when they have coloured slightly on one side, turn them, add more salt and pepper and let the under sides colour. Pour over them half a wine-glass of good dry wine. Cover the pan and when the wine has nearly evaporated, add another half glass and the truffles. Cover again and simmer until the artichokes are tender. Then place them on a dish. With a skimmer remove the chipped truffle and arrange it on the artichokes. Keep them where they will be hot.

To the liquid in the pan add two tablespoons of good veal gravy and a small shallot that has been finely chopped. Cook this sauce until it has been reduced and thickened. Take an ounce and a half of the best fresh butter, cut it into small pieces and add it gradually to the sauce, beating it hard until it has thoroughly amalgamated. Pour a little of it on to the artichoke bottoms, sprinkle them with finely chopped parsley and serve at once.

The receipt for this very exquisite preparation of artichokes was given me by M. Pernollet of Belley. It should be tried when fresh truffles are to be bought in England—during December and January.

ARTICHOKE CROQUETTES

Cook six large artichokes in water. Scrape off all the

flesh from the bottom of the leaves and break up the *fonds*. Put through a sieve. Make a little good Béchamel sauce and bind the purée with it. Work in the yolk of an egg. Beat well together. Shape into small croquettes, dip in egg and breadcrumbs and fry in hot fat (p. 22).

JAPANESE ARTICHOKE

Stachys Tubifera. Native of Japan. Season: Through the winter.

Fr. *Crosnes*. Ger. *Knollenzift*.

Japanese artichokes have a very delicate flavour, but they are tiresome to prepare, and, unfortunately, they can seldom be bought absolutely fresh—owing to the small demand for them. They should never be taken from the ground until just before they are cooked—a counsel of perfection for those who must buy them in shops.

Cut off the filaments at each end of the little artichokes and soak them for an hour in cold water. The skin is best removed by putting them in a cloth together with very coarse salt, rolling the cloth tightly round them, twisting and rubbing it. Or they may be cooked first when the skins can be removed easily.

Japanese artichokes should be put into boiling salted water and cooked for about twenty minutes.

Or: they may be cooked for ten minutes only, then drained and sautéed in a little butter. Cream should be added before serving them and seasoning. Finely chopped ham may be sprinkled on them.

Or: they may be cooked *au gratin*, blanched, drained and well mixed with a Mornay sauce (see Jerusalem Artichokes *au gratin*, p. 87).

One pound is sufficient for three persons.

JERUSALEM ARTICHOKE

Helianthus tuberosus. Native of North America. Perennial.
Season : October to April.

Fr. *Topinambour*. Ger. *Erdapfel*. It. *Tartufoli*. Sp. *Namara*.

The Jerusalem artichoke when it first came to England was known as the Canadian batata—but without reason. It had been cultivated by Red Indians and its French name, *topinambour*, is said to derive from the name of one of their tribes. Our “Jerusalem” is a corruption of the Italian *girasola*, a sunflower.

John Parkinson, in his *Theatre of Plants*, 1629, notes that the artichoke “has grown to be so common with us here in London that even the most vulgar begin to despise them whereas when they were first received among us they were dainties for a Queen.” And so this excellent vegetable came to be given to pigs to eat, just as now, both in France and in the Southern States of America, it is used as fodder for animals.

Mr. Robinson mentions a Jerusalem potato-artichoke developed from seed gathered in Corsica. It attains a great size and is less knobbly than our English varieties—a very excellent and desirable thing. It is yellow in colour, equal in flavour to the ordinary artichoke, exceeding it in yield. I have never seen it mentioned in any catalogue, English or French, but it must be eminently desirable. It would save much trouble in cleaning and peeling, and much waste.

Jerusalem artichokes contain little sugar and no starch. They are easily digested.

GENERAL DIRECTIONS FOR COOKING ARTICHOKE

Artichokes must be well washed in several waters. They should then be scraped, washed again and thrown into water

made acid by the addition of a tablespoonful of vinegar (to every quart). This must be done quickly, or they will blacken. Leave them for half an hour in the water.

If the artichokes are to be plain boiled, cut off the knobbly parts and shape the remainder into more or less uniform ovals. Whatever is discarded can be used for soup or for a soufflé—nothing need be wasted.

Put young artichokes into salted boiling water; old ones into cold. Add a little vinegar, and cook them slowly. When they are tender you will be able to pierce them easily with a skewer; but they must not be allowed to cook too long or they will become sodden.

Artichokes can also be cooked in milk (without the addition of vinegar). Part of the milk can be used in making a sauce: the rest can be saved for soup. Or: they may be cooked in a *blanc* (p. 16).

BAKED ARTICHOKEs

Artichokes, like potatoes, can be baked under the meat. They will not be a good colour, but they will be very good.

BOILED ARTICHOKEs WITH WHITE SAUCE

Prepare the artichokes as directed and cook them in milk. When they are tender take them out and set them where they will keep hot. Take sufficient of the milk to make the sauce and strain it. Thicken it with a little white *roux* (p. 29). Season it, and just before serving, put in a few tiny pieces of fresh butter. If you want your sauce to be very good, add a big spoonful of thick cream.

A little very finely chopped parsley can be added to the sauce—more for appearance than flavour.

Plain boiled artichokes can also be served with a Béchamel or a brown sauce. If they have been very carefully shaped and cooked, they are worthy of a *Hollandaise* sauce.

ARTICHOKE CHIPS

Prepare the artichokes, dry them thoroughly and cut them into very thin slices. Lay them for ten minutes in water to which you have added a spoonful of lemon juice. Dry them thoroughly in a cloth. Fry them in hot fat or good oil, being very careful to keep the slices as separate as possible (p. 22).

Drain the chips thoroughly on a cloth set inside the oven. Sprinkle them with freshly ground pepper and salt. Serve quickly—*uncovered*.

JERUSALEM ARTICHOKE FRITTERS

Boil the artichokes and cut them in slices. Lay them in a marinade (p. 15) for half an hour. Take them out, dry, and sprinkle them with a little freshly grated parmesan. Dip them in batter (p. 15) and fry them in hot fat (p. 22).

JERUSALEM ARTICHOKE *Au Gratin*

Prepare and cook a pound of artichokes in milk. Drain them well, slice them, not too thinly, and lay them in a wide shallow fireproof dish. With the milk in which they were cooked make a Mornay sauce (p. 35). Pour this over them and brown in the oven.

PURÉE OF JERUSALEM ARTICHOKE

Cook the artichokes either in water or milk together with a little onion, or the chopped white part of a leek. When they are tender, drain them thoroughly and put them, while very hot, through a hair sieve.

Put the purée back into the rinsed saucepan, stirring it continually till it begins to thicken (p. 25). Then add two or three tablespoons of good thick white sauce, and a few tiny pieces of butter. Season and whisk well together.

A little cream and the yolk of an egg mixed and strained can be added to the purée and will make it very good. Let it cool a little before this addition, and do not let it boil again. Season and serve quickly.

JERUSALEM ARTICHOKE SOUFFLE

Cook the artichokes in milk and put them through a sieve while they are hot.

Make a well-flavoured and seasoned Béchamel sauce (p. 32) with some of the milk used in cooking the artichokes. Mix it with the purée, using half a pint of sauce to the same quantity of artichoke and, to a pint of mixture, add the yolks of two eggs. Beat well together. Just before you are ready to put the soufflé in the oven, cut in the stiffly beaten whites (p. 30).

Sprinkle the soufflé with freshly grated parmesan and bake it for about twenty minutes.

A little tomato purée can be added to the mixture, or the soufflé may be served with a thin and rather highly seasoned tomato sauce (p. 36).

ASPARAGUS

Asparagus officinalis. Native of Europe. Perennial.
Season: March to July.

Fr. *Asperge*. Ger. *Spargel*. It. *Sparagio*. Sp. *Esparrago*.

Asparagus did not come into use in England till the beginning of the seventeenth century, but the Greeks and Romans esteemed it highly.

Pepys, Steel, Southey, Cowper, all admitted their love of this delicate vegetable.

Asparagus tongs were invented in 1851 and were advertised as "an elegant appendage to the dinner table."

"Asparagus is a delicate fruite, and wholesome for everiebodie, and especially when it is thicke, tender and sweete, and not verie much boiled, it giveth a good stomach unto the sicke . . . it maketh a good colour in the face."
—*Maison Rustique*, 1600, translated into English by RICHARD SURFLEET.

"For the Sciatica : Decoction of asparagus roots drunk."
—*The Ladies Dispensatory*. LEONARD SOWERBY. 1652.

Asparagus is a good diuretic, easily digestible and sedative in its effects.

"Being sodden in two or three waters (to rid them of bitterness) they are to be boiled in mutton broth till they are tender, which is done in a trice."

—DR. MUFFET, *Health's Improvement*, 1655.

ASPARAGUS A LA CREME

Blanch the asparagus in boiling water. Chop it up and cook it in butter, but not too much. Then add cream and a bouquet of *fines herbes*. Thicken with yolks of eggs mixed with a little cream. You can colour your sauce with green.

Abridged from a seventeenth-century receipt.

ASPARAGUS FORCED IN FRENCH ROLLS

"Cut a piece out of the crust of the tops of three French rolls, and take out all their crumb ; but be careful that the crusts fit again in the places from whence they were taken. Fry the rolls brown in fresh butter. Then take a pint of cream, the yolks of six eggs beat fine, and a little salt and nutmeg. Stir them well together over a slow fire till it begin to be thick.

Have ready an hundred of small grass boiled, and save tops enough to stick the rolls with. Cut the rest of the tops small, put them into the cream, and fill the loaves with them. Before you fry the rolls, make holes in the top crusts, to stick the grass in, that it may look as if it were growing. At a second course, this makes a pretty side dish."

—*The London Art of Cookery.* JOHN FARLEY, 1787.

GENERAL DIRECTIONS

To be at its best, asparagus must be cooked the day it is cut. Never buy asparagus with drooping or dry heads.

An asparagus-boiler is an admirable thing. In it the stalks stand upright; the delicate heads are left out of the water and are cooked by steaming. Where one is not available, use a large earthenware or aluminium pan fitted with a drainer.

Wash and scrub the stalks with a hard brush.

Cut off the woody ends of the asparagus and with a very sharp knife scrape the stalks, working downwards from the head. Put them into cold water for half an hour. Tie them into small bundles, heads all level, and trim the stalks to equal lengths.

Lay the bundles on a grid in salted boiling water to which you have added a lump of sugar. From the moment the water, cooled by the asparagus, comes back to the boil, cook them for from 12 to 15 minutes.

(They must not be so long cooked that they lose their firmness.)

Sprue, the little green stalks that come at the end of the season, will not take so long to cook.

If you are afraid your asparagus is bitter, as it sometimes is, cook it in two waters.

Asparagus may also be steamed. It will take about thirty minutes.

Asparagus should be eaten the moment it has been cooked,

If it must be kept waiting, lay it in a dish, cover it with a clean cloth, and set it where it will keep hot.

Serve asparagus on a silver drainer, or on a napkin.

SAUCES TO SERVE WITH ASPARAGUS

1. The best fresh butter, clarified and slightly browned.
2. Clarified and lightly browned butter in which bread-crumbs have been browned (p. 20).
3. Normandy sauce (p. 36).
4. Hollandaise sauce (p. 35).
5. Suprême Sauce (p. 36).

ASPARAGUS WITH GREEN PEAS

Use small asparagus or sprue. Cook it in boiling water and cut it up rather finely. Drain it thoroughly. Turn over the little pieces in slightly browned clarified butter.

Cook an equal quantity of young peas in as little water as possible.

Use a little of the water that either peas or asparagus have been cooked in, or a mixture of both, to make the sauce. Thicken it with the yolk of an egg, mixed with cream and strained. Cook it in a *bain-marie*. Season it.

Add the well-drained asparagus and peas and serve at once.

AN ITALIAN WAY OF COOKING ASPARAGUS

Cut off all but the edible part of the stalks.

Butter an earthenware fire-proof dish and lay the asparagus in it sprinkling freshly grated parmesan between the stalks. Pour over them a little melted butter that has been clarified (p. 20), and brown in the oven.

This is a good way of warming up any left-over asparagus. Tinned asparagus may be used,

ASPARAGUS IN PASTRY BOATS

Cut up the edible part of cooked asparagus into small pieces. Make a poulette sauce with veal or chicken stock (p. 101). Mix it with the asparagus and pour it into small boat-shaped pastry cases. Heat in a gentle oven.

ASPARAGUS SOUFFLE

Prepare and cook two fairly large bundles of asparagus (or use two tins of it). Drain it and chop it into small pieces. Put it, while still very hot, through a sieve.

Beat up the contents of a tin of Ideal Milk until it is very creamy. Mix with it seven leaves of gelatine that have been melted in a spoonful of water (p. 24). Stir in the asparagus, a little salt and a pinch of cayenne.

Pour the mixture into a soufflé dish and stand it in a cold place. Garnish it with very finely chopped ham.

This quantity is sufficient for 8 persons.

—MRS. GRANT MORRIS.

ASPARAGUS SERVED IN LITTLE ROLLS

This is an adaptation of the old receipt given on page 89.

Take very small rolls. Cut off their tops and scoop out the crumb. Heat them in the oven till they are very crisp.

Fill them with asparagus poulette. Put the tops on, like lids, and serve very quickly.

STEAMED SOUFFLE OF ASPARAGUS

Take the tender parts of fifty heads of asparagus and cut them into tiny pieces the size of a pea. Blanch them in salted water. Beat up three ounces of good fresh butter with five yolks and add a spoonful of flour, two tablespoons of finely chopped ham, the asparagus, pepper, salt and sufficient milk to make a thinnish paste. Then add the firmly beaten whites (p. 30).

Fill a buttered bowl with the mixture. Stand it in a *bain-marie* and steam it gently for an hour. Serve with clarified and slightly browned butter.

—*Die Oesterreichische Küche*. MARIE VON KOKITANSKY. (Leykam Verlag, 1929.)

ASPARAGUS COOKED IN VEAL STOCK

Asparagus is excellent cooked in veal stock. Part of it will be used for making a sauce, the rest can give flavour to some soup.

Take sufficient of the stock to make the sauce, add cream to it and thicken it with the yolks of one or two eggs (p. 30). Some French *chefs* add a little orange juice, but the flavour seems to me to blend badly with this delicate vegetable.

TINNED ASPARAGUS

Take the asparagus out of the tin—a delicate operation if the heads are not to be broken off. Let cold water run through it. Heat it and serve it any of the ways directed for fresh asparagus.

BANANAS

The banana tree was known as “Adam’s Apple Tree” to the herbalists.

“Whether this plant may be reckoned for a tree properly, or for an herbie tree, it is disputable, considering the soft and herbie substance whereof it is made. . . .

“In taste not greatly perceived at the first, but presently after it pleaseth, and intiseth a man to eate liberally thereof by a secret intising sweetnes which it yeeldeth. . . .

“Myselfe have seene the Herbe and cut it in peeces which was brought me from Alepo in pickle.”

—GERARD’S *Herbal*, 1597.

Bananas may be used as vegetables. The best way to cook them is to bake them.

Peel several very firm, and therefore not too ripe, bananas, and pull off the little strings which run down their sides. Cut each in half lengthwise.

Melt a little *clarified* butter in a fireproof dish. Lay in the bananas and sprinkle them with seasoning. Bake until they are tender, basting them occasionally with the butter.

Bananas may also be fried, cut in halves or quarters, in butter. They will only take three or four minutes to cook.

ASPARAGUS BEAN

Dolichos sesquipedalis. Annual. Native of South America. Season : summer.

Fr. *Dolique asperge*.

This bean is remarkable for its length : the pods are from one and a half to three feet long, according to the variety grown. It needs a sunny corner against a wall. I have never tasted it, but it would be amusing to experiment with it. A tender variety is cultivated in the South of France, but there are hardier kinds. It is cooked like a French bean.

BEETROOT

Beta Vulgaris. Biennial. Native of Europe. Season : All the year.

Fr. *Betterave*. Ger. *Rote Rübe*. It. *Barbabietola*. Sp. *Remolacha*.

Though the ancients used beets, both roots and leaves, Olivier de Serres, 1600, mentioned the cultivated beetroot

as having just been introduced into France, and Gerard in his *Herball*, 1597, writes as follows:—

“There is a white Beete. There is likewise another sort heereof that was brought unto me from beyond the Seas . . . the which hath leaves very great and red of colour, as is all the rest of the plant . . . full of a perfect purple juyce tending to rednesse . . . The great and beautifull Beete last described may be used in Winter for a Sallade herbe with Vinegre, oile and salt, and is not only pleasant to the taste, but also delightful to the Eie . . .”

“To purge the Braine. Juyce of Beets, snuffed up the nose.”

“Against the shedding of the Haire. Fresh leaves of Beets applyed raw.”

—LEONARD SOWERBY, *The Ladies Dispensatory*, 1655.

Beetroots are not good for anyone suffering from diabetes, gout or rheumatism.

Eau sucrée made with beet-sugar, half an ounce dissolved in a tumbler of water, is considered by the French as a calming and digestive drink. It is also used as a gargle.

“When you have boiled beet in water till it is tender, add a mash of leeks, some coriander, and cumin seed, carefully mixed with flour and sun-made wine. Place these different ingredients in a saucepan and add gravy, oil and vinegar.”

—APICIUS.

“First rost your Beet Roots in the Embers, and peel them very well, cut them in pieces, and give them a boil with a piece of sugar, a little Salt, and Cinnamon, and make them like Marmalade, and put them into fine Paste with some green Citron rasp'd, and a piece of Butter, and do not cover

it, but when it is baked serve it away with perfumed Sugar, and Orange Flowers.”—*Le Cusnier Royal*, 1682.

GENERAL DIRECTIONS

It is a pardonable form of laziness to buy your beetroots cooked, but by doing so you will get very standardised roots.

Those who have gardens should experiment with one or two of the foreign kinds. The best I have ever tasted (in Burgundy) was small, close-textured, very dark in colour and very sweet. I have never eaten one so good in England.

Whether beetroots are to be baked or boiled, they must be chosen with unbroken skins and washed with care.

Beetroots are best baked, but this is a slow process. The heat of the oven must be gentle. Stand the beets on a grid. Cook them till they are tender: the time will depend on their size, but even the smallest will take some hours.

Never test the tenderness of a beet, either boiled or baked, by prodding it with a fork. Press it with the fingers. If it yields, it will be done enough.

To boil beets, be sure that their skins are intact. Having washed them carefully, put them into fast boiling water and cook them for an hour or two, according to their size. Remove them from the water, drain them and peel them with the fingers, not with a knife. This will be easier to do if the beets have first been put into cold water for a few minutes.

BEETROOT WITH BECHAMEL SAUCE

If your beetroots are hot, put them through a very coarse sieve; if cold, chop them finely. Add to them some fairly thick Béchamel sauce. Season well and sprinkle with finely chopped parsley.

Plain boiled beetroot cut in dice can be served with mustard

butter (p. 21). This should be added in small pieces, just before serving.

BEETROOTS WITH A BORDER OF PUREE OF POTATOES

Cut the beetroots into dice. Mix them with a well-seasoned white sauce.

Line the sides of a fireproof dish with a smooth purée of potatoes (p. 223). Nearly fill it with the beetroot mixture.

Spread purée of potato over it. Sprinkle it with cheese and a few small pieces of butter and brown it quickly in the oven.

BEETROOTS SAUTED

Cut the beetroot into slices about half an inch thick, and then across into quarters.

Chop a small onion and cook it in brown *roux*. Add the beetroot. Stir together until hot. Sprinkle with freshly ground black pepper and, if you like, add a tablespoon of wine-vinegar before serving.

BEETROOT TOPS

These, if young, can be cooked like turnip tops (p. 262).

BROCCOLI

Broccoli may be cooked in most of the ways recommended for Cauliflower.

BRUSSELS SPROUTS

A variety of *Brassica*. Annual. Season: October to March.
Fr. *Choux de Bruxelles*. Ger. *Brusseler Kohl-sprossen*.
It. *Cavolo a germoglio*. Sp. *Bretones de Bruselas*.

GENERAL DIRECTIONS

Brussels sprouts should not be large. The smaller and harder they are, the better their flavour.

Cut off the outside leaves and any that are discoloured. Trim the stumps and make an incision in each; they tend to cook more slowly than the leaves, and this preparation quickens their cooking.

Wash the sprouts in plenty of cold water: then pour hot water over them.

Cook the sprouts in plenty of fast-boiling water, for from ten to fifteen minutes. They should have preserved their shape when cooked. Pour them on to a big sieve or cullender. Let them drain thoroughly.

Put them back in the pan with a little butter and seasoning. Serve them directly the butter has melted.

Or: Chop them finely. Put them back into the pan with seasoning and butter. Mix well together and serve very hot.

One pound of sprouts, weighed when they have been trimmed, is enough for four people.

BRUSSELS SPROUTS WITH WHITE SAUCE

Prepare the sprouts and blanch them for ten minutes in salted boiling water. Drain them and finish cooking them in milk.

Make a well-seasoned white sauce, using the milk in which the sprouts have cooked. Turn the sprouts over in it and serve.

BRUSSELS SPROUTS SAUTED

Cook a pound of trimmed Brussels sprouts in water. Drain them thoroughly pressing out the water from them very gently so as not to break them.

Melt an ounce of clarified butter in a pan and add the sprouts. (The pan should be large enough for them all to lie flat.) Cook them gently, shaking them occasionally. After about eight minutes they should begin to colour lightly. Do not let them brown. Season them. Drain them of any excess of butter.

To the sautéed sprouts, half their weight in chestnuts that have been cooked in stock can be added.

SALAD BURNET

Poterium Sanguisorba. Native of Europe. Perennial.
Season: summer.

Fr. *Pimprenelle.* Ger. *Wiesenknopf.* It. *Pimpinella.* Sp. *Pimpinela.*

“The continual use of it preserves the body in health and the spirit in vigour. . . . It is a friend to the heart, liver, and other principal parts of a man’s body.”

—NICHOLAS CULPEPER’S *Herbal*, 1653.

The young leaves of this plant can be used as a salad. They have a flavour which is not unlike the cucumber.

The plants should constantly be cut, in order to obtain a succession of young leaves.

BROAD BEANS

Faba vulgaris. Annual. Native of the East. Season: June to August.

Fr. *Fève.* Ger. *Garten Bohne.* It. *Fava.* Sp. *Haba.*

GENERAL DIRECTIONS

Only young, freshly-picked broad beans are worth eating and these are very difficult for town people to come by. (Old beans, which any greengrocer can supply, make a good purée.)

Even young broad beans are best separated from their indigestible envelopes. To do this, put the beans when you have shelled them into boiling water for a few minutes. Take them out and drain them and the skins will slip off easily if you press them between finger and thumb.

Never prepare beans before you are ready to cook them. They lose their flavour quickly.

When the beans have been blanched and skinned, put them back into a very little boiling water. Cook them till they are tender, which should be in a very few minutes.

The French always use chopped summer savory with broad beans, and it is a welcome change from the conventional parsley.

BROAD BEANS WITH BUTTER

Having cooked the beans, drain them thoroughly. Put them back into a pan with a little butter cut into small pieces. Keep them over the fire just long enough to melt it. Add seasoning and chopped summer savory or parsley—if the latter let it be *very* finely chopped.

BROAD BEANS WITH ARTICHOKE BOTTOMS

Cook the two vegetables separately in salted water.

Cut up the artichoke bottoms into small dice.

Melt some butter in a pan. Add the vegetables. Cook for a moment or two, then add a very little good stock and seasoning. Simmer for ten minutes, shaking the pan from time to time. Do not stir the contents, or you will break the beans.

MOUSSE OF BROAD BEANS

Cook a pound of broad beans (they need not be young) measured after they have been taken from their pods, together with several artichoke bottoms, a handful of green peas, the heart of a lettuce and a very small onion. When all are tender put them through a sieve while very hot.

Put the purée back into the rinsed saucepan and stir it hard until it begins to thicken (p. 25). Then add butter in small pieces and seasoning. (A very little sugar is a good addition.) Just before serving add two tablespoons of cream and give the purée one final strong whisk.

BROAD BEANS, SAUCE POULETTE

To a little of the water in which the beans were cooked, add the yolk of an egg which has been mixed with a wine-glassful of cream and strained. Put the mixture into a small saucepan and stand it in another one containing water which is barely boiling (*bain-marie*, see p. 15). Whisk the sauce until it froths, adding to it small pieces of butter as you work. Season and pour over the beans. Serve them at once, sprinkled with very finely chopped ham and a very little parsley.

FRENCH OR KIDNEY BEANS

Phaseolus vulgaris. Annual. Native of South America. Season : May to October.

Fr. *Haricot vert*. Ger. *Bohne*. It. *Fagiuoli*. Sp. *Habichuela*.

Kidney beans were not known to the ancients. They were introduced into Europe early in the sixteenth century and, at the time, were not greatly esteemed in France.

Culpeper in his *Herbal*, 1653, tells us that both French

beans and scarlet runners belong to Dame Venus, and that they are, therefore, favourable to lovers.

Dr. Muffet, in his *Health's Improvement*, 1655, notes that beans were given to judges as they sat down in judgment, as "they hinder sleep and procure watchfulness."

This latter indication is recommended with all respect to the higher ranks of the legal profession.

We are far behind France in the cultivation of this bean. One especially recommendable French variety, the *métis*, a very small thin bean, is delicious and tender and withstands great heat. There is also a small mottled bean which I have bought in Pulteney Market as late as November. The stallholder told me that it was imported from France and that no self-respecting greengrocer would sell it—because of its dried and discoloured appearance. In spite of this it is very succulent and full of flavour.

Beans should be grown in small sowings and picked as fast as they come to an edible size. If they be left on the plants, these will stop bearing, so it is better to give or throw away beans that cannot be used than to leave them unpicked. (Beans can be preserved for winter use in salt—so that there should never be any need to discard them as useless.)

"Not rent off, but cut off ripe beans with a knife,
For hindering stalks of her vegetive life,
So gather the lowest and leaving the top
Shall teach thee a trick, for to double thy crop."

—THOMAS TUSSEY. *Five Hundreth Points of Good Husbandry*.

1573.

"They are to be taken whilst they are yet greene and tender, which are first boyled untill they be tender; there is the rib or sinew that doth run alongst the cod to be taken away: then must they be put into a stone pipkin, or some other vessel with Butter, and set to the fire againe to stew,

or boyle gently, which Meate is very wholesome, and of a pleasant taste.—GERARD'S *Herball*, 1597.

GENERAL DIRECTIONS

Wash, top and tail and string the beans. Do not cut them up or they will lose their flavour while cooking. With older beans it is wise to string the smooth side, slicing off the other ribbed side.

Put them in just enough salted boiling water to cover them and let them cook until they are tender, but not flabby. This should take about twenty minutes. If possible cook them in an unlined copper pan. Their fresh greenness will be preserved.

Drain them and pour cold water through them. Drain them again. Put them back into the pan and let them dry over very gentle heat for a moment or two.

Just before serving, add butter in very small pieces, finely chopped parsley and seasoning. Do not let the beans cook again, but pour them into a well-heated dish and serve at once. A little cream may also be added at the last moment.

FRENCH BEANS WITH POULETTE SAUCE

Cook the beans as directed. When they are tender drain them thoroughly.

Make a poulette sauce with a little white stock, some of the water in which the beans were boiled, the yolk of an egg mixed with cream and strained and, at the last moment, a few tiny pieces of butter. Whisk it well together and season it. A squeeze of lemon may be added to this sauce before pouring it over the beans, which should be ready in a well-heated dish.

FRENCH BEANS A LA LYONNAISE

Cook the beans as directed. Drain them and dry them.

Cut a small onion into fine strips. Brown them very lightly in butter. Add the beans. Stir them very gently together, add seasoning and serve very hot.

This is no way to cook the youngest beans.

FRENCH BEANS WITH SOUR CREAM (A Polish Way)

Cook the beans as directed. Add a wineglass of sour cream (p. 28), a squeeze of lemon, and some finely chopped parsley.—MADAME SZTOLCMAN.

FRENCH BEANS (A Transylvanian Receipt)

Take two pounds of French beans, nip off their ends and put them in a pan with sufficient cold water to cover them. Bring to the boil and cook them till they are tender.

Make a *roux* of a flat tablespoon of dripping and two heaped ones of flour. Stir it till it begins to brown, then add half an onion finely chopped. Cook for two minutes, then pour in a little of the water the beans were boiled in, stirring vigorously to prevent lumps forming.

Add this mixture to the beans which should have been left in the pan with the water they were cooked in. Season and pour in a tablespoon of sour cream.

This dish should be of the consistency of thick soup ; but it is not eaten as a soup. Serve it in a deep dish with strips of fried bacon laid across it.—MME. DE SZASZ.

BEANS WITH BROWN BUTTER

Cook and drain the beans.

Heat clarified butter in a pan and when it has browned, *but not blackened*, add the beans. Season them.

Just before serving, pour in a tablespoon of hot tarragon vinegar. Mix altogether.

SCARLET RUNNERS

Scarlet runners may be cooked like French beans. If they are young, they are very good. Unfortunately they are often left on the plants until they are too mature and their horny skin, even when well cooked, keeps a little of its roughness. If you must use elderly scarlet runners, slice them very finely diagonally and boil them in plenty of salted boiling water.

BUTTER BEANS

These are yellow beans. Their flavour does not compare with that of French beans, but they are useful for variety, and if very young are by no means to be despised.

Cook them for ten minutes in boiling water. Take them out, drain and string them. Finish cooking them in boiling water as you would French beans, adding butter, seasoning and finely chopped parsley just before serving.

Do not pour cold water through them. (This is done only to fix the colour of the green bean.)

BUTTER BEANS COOKED IN BUTTER

Blanch the butter beans as directed, having cut a little off each end of them. String them while hot.

Melt an ounce of butter in a pan. Add the beans. Let them simmer for a few minutes. Then put in the seasoning (and let your pepper be freshly ground). Add a little chopped parsley and half a pint of boiling water.

Bring the contents of the pan to the boil. Then cover with a piece of buttered paper and the lid. Cook very gently for fifty minutes on the fire or in the oven. (It is essential that the cooking of these beans should be very slow.)

Before serving, add two tablespoons of cream and a little more butter.

An earthenware pot of good shape and rich brown colour should be used for cooking the beans in, so that they may be served in it.

DRIED HARICOT BEANS AND FLAGEOLETS

“To cause horrible dreadfull Dreames. Beans eaten. Lentils eaten.”—LEONARD SOWERBY, *Ladies Dispensatory*.

GENERAL DIRECTIONS

It has to be admitted that dried vegetables are not easily digested by all people. At the same time they are nourishing and, when fresh vegetables are scarce, useful. Plain boiled, they are uncommonly dull and stodgy. There are pleasanter ways of cooking them.

Almost all cookery books recommend that dried vegetables should be soaked overnight. Escoffier and Prosper Montagné, both great authorities, protest against this procedure, for they consider that it induces germination and alters the constituent elements contained in the beans. (It is interesting to find that Mexican cooks are of the same opinion.) Instead of soaking them, therefore, it is recommended that they be well picked over and washed and put into cold water, which is then slowly brought to the boil. As soon as it has reached this point, the first water is thrown away and the process repeated. When boiling point is once more reached, the pot should be covered and the contents simmered very slowly until tender—this will take from two to three hours.

Hard water is not good for cooking dried vegetables in,

and a French cook recommends that it should be softened by adding an ounce of soda to every quart. The sediment will quickly fall to the bottom of the pan and the water should be strained carefully off from this deposit before it is used.

Slow cooking is essential for success and the water should be skimmed from time to time.

A spoonful of good fat (nothing is better than the chicken fat which we generally throw away) should be put in with the beans. A small onion stuck with a clove, a little bouquet (p. 17), and salt (in the proportion of a tablespoon to the quart of water) must be added.

One pound of dried vegetables is sufficient for three persons.

The receipts for haricot beans which are suitable also for *flageolets* have been indicated.

Dried beans and *flageolets* are good with mutton or with grilled ham, a purée of either is excellent with sausages. (For dried peas, see p. 208.)

The water in which beans have been cooked can be used for making soup.

RED HARICOT BEANS WITH BACON

Boil the beans as directed with an onion. Strain them and remove the onion and herbs.

Cut up a little mild bacon into dice. Cook it in a saucepan. Add the beans and a wineglass of red wine. Simmer for half an hour, adding a little boiling stock if the beans become too dry. Finish by adding butter, seasoning and a little chopped parsley.

HARICOT BEANS BOILED WITH BACON

Small haricot beans can be cooked in a little water with a piece of bacon or salt pork for about two hours. The meat

is then taken out and served separately.

The beans must be well drained. They should be served mixed with a little tomato purée and chopped onion that has been lightly coloured in butter.

HARICOT BEANS A LA BRETONNE

Cook the beans as directed. When they are tender drain off all the water. Remove the onion.

Chop up a medium sized onion. Colour it slightly in a little hot butter. Add the beans and some very finely chopped parsley. Season well.

HARICOT BEAN CROQUETTES

Make a very thick purée of the beans with vegetables (see p. 110). Season well and add a spoonful of tomato purée (p. 254). Bind with the yolk of an egg or two (one to every half pint of purée). A little grated cheese may be added.

Put the mixture on to a floured board and shape it into small balls (p. 21). Egg-and-breadcrumb them and fry them in deep fat. Drain very well before serving.

Flageolets may be used instead of beans.

HARICOT BEANS WITH CURRY SAUCE

Cook the beans as directed. Serve them well turned over in a curry sauce (p. 33).

Flageolets may be served in this way.

HARICOT BEANS AU GRATIN

Make a purée of beans (see p. 109). To half a pound of it add a heaping tablespoon of freshly grated parmesan or gruyère and a little butter and seasoning. If the mixture is too thick, add some hot milk.

Butter a fireproof dish and put the purée into it. Sprinkle

it with grated cheese and a few small pieces of butter. Brown it in the oven.

Flageolets may be cooked in this way.

HARICOT BEANS WITH MUTTON

Cook the beans in water with a little not-too-fat mutton cut into dice. Use as little water as possible—just enough to cover the beans. You can add to it later if necessary, but, by the time the beans are tender it should all have been absorbed. Before serving add a very little chopped onion that has been cooked in butter, lightly browned and drained. Sprinkle with finely chopped parsley.

BAKED HARICOT BEANS WITH PORK

Cook the beans—rather more than a pint will be enough for a small dish.

Take half a pound of boned back of salt-pork. Scald it and dry it. Set it, rind-side up in a dish such as you would use for a milk pudding. Score the rind with a sharp knife.

Pack the beans all round the pork and fill up the dish with some of the water in which they were boiled, having added a little mustard to it.

Cover it with greased paper and bake in a very slow oven for about two hours leaving the dish uncovered for the last half hour so that the rind may brown.

This, slightly adapted, is an American dish. It is excellent cold.

HARICOT BEANS WITH PORK, TOMATO AND RICE

Cook half a pint of beans as directed. Drain them thoroughly.

Cut up a little salt pork into dice. Cook it together with a tablespoon of finely chopped onion in butter.

Have ready a small cupful of cooked rice.

Skin three tomatoes, press out their seeds and cook them in a little butter. Add them to the beans, pork, rice and onion. Simmer gently and season well. If the mixture is too liquid, thicken it with a tablespoon of cooked light *roux* (p. 29).

PUREE OF HARICOT BEANS

Cook the beans as directed until they are very tender, having added a little carrot, celery and the necessary onion to the pot. Do not use too much water, but add more, boiling, if it is required. Strain off the liquid (which can be used for making a soup) and put the beans while they are hot through a sieve.

Add butter and seasoning to the purée. Re-heat it. A little cream is good with it, so is a tablespoon of tomato purée (p. 25).

Flageolets make a more delicate purée than haricot beans.

MEXICAN BEANS

Boil half a pound of haricot beans as directed, but in three waters instead of two. Then add bacon or other good fat, a few fried onions, pepper and paprika. Simmer all day, adding a little water or stock when necessary. Do not salt until just before serving.—MRS. DENIS O'SULLIVAN.

BORECOLE OR CURLY KALE

Brassica oleracea acephala. Season: For the leaves: November to June. For the sprouts: Spring.

There are great variety of kales and the best of them, when young and freshly picked, are more delicate than cabbage. They should be cooked in the same way.

"Asparagus" kale is exceedingly good cooked like cabbage with a white sauce.

CABBAGES

Brassica Oleracea. Annual. Indigenous to Europe.
Season: All the year.

Fr. *Chou*. Ger. *Kohl*. It. *Cavalo*. Sp. *Col repollo*.

There are innumerable varieties of cabbage. The Savoy is the mildest and tenderest of the round varieties.

Brussels sprouts, cauliflowers, brocoli, kale, kohlrabi, and the Swedish turnip also belong to the cabbage order; but they are treated under their various separate headings.

Cabbages were cultivated at a very early date, earlier, according to de Candolle, than the Aryan invasion. Theophrastus knew three kinds and Pliny six. The Saxons used them in a wild form, and the earliest English cookery books make mention of this wild cabbage.

There is little information as to the development of the cabbage into the hundreds of varieties now available. Turner, in 1568, mentions cabbage cole, red cole and curled cole. But Sir Anthony Ashley of Wimbourne St. Giles has the reputation of having introduced it into England in its modern form. He died in 1667 and a cabbage, carved in stone, was placed at the foot of his tomb.

"Honest old Cato, they say, used no other physic. I know not what metal their bodies were made of: this I am sure, cabbages are extremely windy . . . as windy meat as can be eaten, unless you eat bag-pipes or bellows."

CULPEPER'S *Herbal*, 1597.

Honest old Cato, as Culpeper writes, considered the cabbage as the most useful of all vegetables. He believed also that it was perfectly digestible and that—but the details of what he believed and recommended are more suitable for a medical than a culinary treatise. Without going into detail, we may note that he advises the eating of cabbage before meals as an aperitive—since it provokes appetite for both meat and drink—and of five leaves after meals, for its magical effect in making a man feel that he had neither eaten nor drunk.

Cabbage water was considered by the Romans of his day a remedy for most ills ; and cabbage in general, hot, cold, dry, liquid, sweet, bitter or harsh, was Cato's universal panacea.

Not only was it used internally : pounded, it was applied to wounds and sores which it disinfected and healed.

Pliny went further in his zeal. He states that the virtues of a cabbage are so great that he who pounds it will feel himself growing stronger as he works.

Pythagoras celebrated its great medicinal virtues, and Chrysippus wrote a whole book to its glory.

“If thou desirest to die, eat cabbages in August.”

—THE PHYSICIANS OF MYDDVAI (thirteenth century).

“If you will not be drunke, take the powder of Betany and Coleworts mixt together, and eat it every morning fasting as much as will lie upon a sixpence, and it will preserve a man from drunkenness.”

—*Country Contentments*. GERVASE MARKHAM, 1615.

“To take away freckles. Seeds of colewort powdered and sprinkled on them.”

—*The Ladies Dispensatory*. LEONARD SOWERBY, 1652.

“Against weakness of sight. Coleworts eaten.”—*Ibid*.

“Cabbage water drunk is good for colds, catarrh and bronchitis.”—*Ibid.*

“Boil the most delicate and tender part, then pour off the water, season it with cummin seed, salt, old wine, oil, pepper, alisander, mint, rue, coriander seed, gravy and oil.”—APICIUS.

“Take Colys (cabbage) and stripe hem faire fro the stalks. Take Betus and Borage, Auens, Violette, Malvis, Parsle, Betayn, Pacience (dock), the white of the lekes, and the croppe of the netle ; parboile, presse out the water, hew hem small.”

—*A Boke of Kokery. Circa 1450.* (Harleian MS English Text Society.)

“Take fayre caboges, an cutte hem, an pike hem clene and clene wash hem, an parboyle hem in fayre water, and thanne presse them on a fayre bord, an choppe hem, and caste hem in a fayre pot with goode freysshe broth, an wyth merybonys, and let it boyle: thanne grate fayre brede and caste thereto, and caste thereto safron an salt: or else take gode grewel y-mad of freys flesshe, Y-draw thorw a straynour and caste thereto: and whan thou seruyst yt inne, knocke out the marw of ye bonys and lay ye marwe ij gobettys or iij in a dyshe as ye semyth best, and serve forth.”—

Ibid.

“The most nourishing of all is your white leafed cabbage (as big as a great loaf—so beloved of Pompey, that it was termed *Brassica Pompeiana*); either of them must first be sodden in fair water then again steeped all night in warm milk, afterwards seeth them in fat marrow or in fat brues, and they are very nourishing without offence. Otherwise all Coleworts engender gross and melancholique blood.”

—DR. MUFFET, *Health's Improvement*, 1655.

GENERAL DIRECTIONS

So much has been said about the English way of cooking and serving cabbages by visitors from other countries, and by English people themselves who hold the sloppy tasteless mass usually served in horror, that it is needless to say much more.

But, for the information of foreigners, I have compiled the following English receipt, deduced from observation of common practice and from many unsuccessful attempts to eat the dish as it results.

Slap some cabbage into boiling water, with a little salt, should you remember it. Boil it until you think it is done. Drain off the water, leaving enough, however, for the vegetables to bathe in when served in a cold dish.

Cabbage cooked in this way can be compressed into slabs by the use of weights. If this is done quickly enough some of the water will remain in the vegetable—to the glory of England.

Cabbage is by no means the best of vegetables, but it can be made palatable and the cooking of it may be varied. However it is served (unless very young), it must be given a preliminary blanching. This will take from the coarseness.

Whenever possible use Savoy cabbages, for they are milder than other varieties. Evelyn, in *Acetaria*, commends them for “being not so rank, but agreeable to most Palates, and of better nourishment.”

Cut off the outer leaves of the cabbage and throw them away. Cut off the stump, and any big ribs from the leaves. Cut the heart into quarters and wash it well in two changes of fresh water.

Have ready a pan of fast boiling salted water. Put in the cabbage, a little at a time (in order not to put the water off the boil any more than is possible). Boil for five minutes.

Strain off the water. Put the cabbage in a cullender and let cold water pour through it. If any part of the leaves or the ribs are noticeably hard, cut them out.

Put the cabbage back into plenty of salted boiling water and cook it till it is tender. This should not take more than fifteen or twenty minutes, for it must not be overcooked. Pour off the water and drain the cabbage thoroughly.

PLAIN BOILED CABBAGE WITH BUTTER

Chop the cooked cabbage coarsely. Put it into a pan with a little butter cut into small pieces, pepper and salt. Stir it till the butter melts, but do not let it cook again. Put into a heated vegetable dish and serve at once and you will have a very tolerable vegetable.

CABBAGE BOILED IN MILK

After blanching the cabbage, simmer it gently in milk until it is tender.

Use the milk for making a white sauce (see below).

BOILED CABBAGE WITH WHITE SAUCE

Blanch the heart of a Savoy cabbage for ten minutes as directed. Drain it thoroughly.

Prepare a good white sauce. Put the cabbage in a saucepan, pour the sauce over it. Simmer as gently as you can for about twenty minutes. Then add a tablespoon of cream and serve at once.

If your sauce is a good one and the cabbage has been well prepared, this is an excellent way of serving cabbage. It may even convert a cabbage-hater.

CABBAGE WITH CHESTNUTS (Hungarian Receipt)

Wash a pound of cabbage, blanch it and cook it in boiling

water till it is almost tender. Strain off the water and drain it thoroughly. Cut it into two inch squares.

Make a thin brown *roux* of butter and flour in a pan. When it is thoroughly cooked, add the cabbage and simmer it for five minutes. Then add a ladleful of stock or water, seasoning and a lump of sugar.

Simmer for an hour and garnish with chestnuts that have been cooked in stock.—MME. DE SZASZ.

CABBAGE AU GRATIN

Cut the heart of a Savoy cabbage into quarters. Wash it and blanch for five minutes. Drain it well and cook till tender in salted boiling water.

Pour the cabbage on to a sieve and let it drain for some time, pressing out the moisture with the fingers. Put it on a board and chop it finely.

Beat the yolks of two eggs with a little cream and a tablespoon of melted clarified butter : mix them with the cabbage. Season, using freshly ground white pepper.

Pour the mixture into a shallow fireproof dish. Sprinkle it with breadcrumbs, a little grated cheese, and a few tiny pieces of butter.

Bake in a moderate oven till set. Care must be taken not to let the eggs curdle. The dish can be browned quickly under the grill.

CABBAGE AU GRATIN (Hungarian Receipt)

Butter a deep fireproof dish and fill it with alternating layers of cooked, chopped Savoy cabbage and cooked minced pork. Sprinkle each layer with seasoning and a little sour cream (p. 28).

The top layer should be of cabbage. Sprinkle this with breadcrumbs and small pieces of butter.

Bake in the oven for about half an hour.

—MME. DE SZASZ.

CABBAGE WITH SALTED PORK (*Petit Salé*)

Wash a Savoy cabbage carefully, break it up into small pieces. Let it drain until it is thoroughly dry.

Put a slice of *petit salé* (very mildly salted pork) into a pan with some butter. Add the cabbage. When it begins to colour, ever so slightly, take it out and chop both it and the pork very finely.

Put cabbage and pork back into the pan, adding a small bouquet (p. 17), a spoonful of finely chopped onion, one of the best olive oil, a little water and another spoonful of butter.

Cover the pan and cook it gently for an hour. Then add slices of cooked sausage and cook for another twenty minutes.

This dish, the receipt for which was given me by the proprietress of the Hotel de la Gare at Tournus, is both delicate and good. But it will lack the excellent Burgundian sausage with which it was garnished by her.

STUFFED CABBAGE

Take a fine cabbage. Put it in a big pan and boil it for from fifteen to twenty minutes when it should resemble a huge faded rose the leaves of which are falling.

Prepare a stuffing of cooked white meats: veal, chicken or pork. Chop the meat very fine. Add one or two sheeps' brains which have been sautéed in hot pork fat. (These will help to make the *farce* moist, unctuous and light.) Spice the mixture well. Small chopped cooked mushrooms may be added, also grilled chestnuts.

Prepare also some two pounds of spinach. Boil it, then drain and dry it very carefully.

When your cabbage is ready, drain it and stuff it delicately, leaf by leaf, alternating layers of spinach with layers of meat *farce*. When the cabbage is filled, tie it up in a linen cloth.

Take a large copper pan and line it with slices of fat bacon (see p. 17). Add broken bones and odd pieces of meat.

Put in the cabbage. Cover it with stock, fix the lid firmly on and bring to the boil. (The stock need not be very strong, it will take flavour from the cabbage.) Simmer for several hours one day and for the better part of the next day.

An hour before serving, take the cabbage out of its covering. Remove the outer leaves which should not have been stuffed.

Carefully remove all grease from the gravy. Put the cabbage into a dish. Pour the gravy over it.

Garnish the dish with small sausages, chestnuts and grilled mushrooms.

—PAMPILLE'S *Les Bons Plats de France* (Arthème Fayard).

Other mixtures may be used for stuffing cabbages.

1. Simmer a dozen fine cooked chestnuts in a little butter together with a teaspoon of chopped onion, keeping the lid on the pan all the time. Put them through a coarse sieve.

Alternate this purée, as in Madame Pampille's receipt, with meat stuffing.

Cook the cabbage as directed in her receipt: but for three or four hours only.

2. Cook some rice in stock. Drain it. Add mushrooms which have been chopped and cooked in butter and chopped chickens' livers treated in the same way. Alternate this stuffing with spinach.

3. Chop veal and ham, hardboiled eggs, and a little parsley. Add a little cooked onion. Bind the mixture with a thickened veal stock.

There is another way of cooking stuffed cabbages, especially if they are small ones. Put them without a cloth into a pan with a couple of tablespoons of melted butter. Close the pan carefully, laying a piece of greased paper between it and the lid. Simmer for an hour as gently as possible. Then add a cup of good stock. Continue simmering for two hours.

Strain the stock. Reduce it by quick boiling. Remove

all fat and thicken it slightly. Or : add a spoonful of tomato purée to it.

These cabbages are certainly not dishes of ceremony : but carefully made and very slowly cooked they are excellent for supper or any unpretentious meal.

STUFFED CABBAGE LEAVES (Hungarian Receipt)

Take about two pounds of very young cabbage leaves. Pick out the biggest, blanch them and fill them with a mixture of raw minced pork, rice, seasoning and a little chopped onion.

Roll up the leaves, tucking in the ends to prevent the stuffing from coming out.

Blanch the rest of the leaves and cut them into strips.

Melt some butter in a saucepan and fill it with alternate layers of strips of cabbage and stuffed leaves.

Fill up the pan with slightly thickened stock. Cover the pan and simmer for three-quarters of an hour.

Put the cabbage into a vegetable dish.

Bring the stock, or part of it, to the boil. Add a little lemon juice and taste it to see if it is rightly seasoned. Mix with it some sour cream (p. 28), and the yolk of an egg and pour it over the cabbage.—MME. DE SZASZ.

RED CABBAGE

Cut up the heart of a red cabbage into long thin strips. Wash them well, but do not blanch them. Drain them thoroughly.

Put a tablespoon of chopped onion into a pan (neither tin nor iron or it will discolour your cabbage) with at least two heaping tablespoons of good butter, or, if you have it, the same quantity of goose or chicken fat. Add the cabbage and seasoning and simmer with the lid on for half an hour. Then add a glass of good red wine, put back the lid, and simmer very gently for two hours.

TURNIP-ROOTED CABBAGE (KOHL-RABI)

Season : Autumn.

Fr. *chou-navet*. Ger. *Kohl-rübe*. It. *cavolo navone*. Sp. *Col nabo*.

This turnip resembles Kohl-rabi, but its thick root is partly buried in the ground. It has the same flavour and is a useful and good vegetable. It should be eaten before the root has attained its full growth. (See Turnips, p. 260.)

CARDOONS

Cynara cardunculus. Perennial. Native of Southern Europe.

Season : From October and through the winter.

Fr. *Cardon*. Ger. *Kardone*. It. *Cardo*. Sp. *Cardo*.

This very good vegetable, of the same species as the artichoke, is too little used in England, although introduced here in the seventeenth century. It has one disadvantage : it is very wasteful, since so much of it must be discarded. Only the inner white leaves and heart are used.

“We cannot yet find the true manner of dressing them, that our country may take delight therein.”

—PARKINSON'S *Paradise in Sole Paradisus Terrestris*, 1629.

GENERAL DIRECTIONS

Discard all the outer leaves and, as quickly as possible, cut the inner ones into four inch lengths. Take a very sharp knife and detach the outer skin. Rub each piece as you prepare it with a piece of lemon, or it will blacken, and put it into a basin of cold water to which you have added a table-spoon of vinegar.

Remove the fibrous covering which is round the heart of the cardoon. Rub it with lemon and put it into the water.

Have ready a *blanc* (p. 16). Bring it to the boil and put in the cardoons. Cook them for about an hour and a half with the lid on.

If you experience any difficulty in removing the outer part of the cardoon leaves before cooking, blanch them first for ten minutes in water with lemon juice or vinegar in it.

CARDOONS *Au Jus*

The best way of cooking cardoons is in a good veal stock. Slightly thicken it with arrowroot for a sauce.

When the cardoons are cooked, drain them and lay them in a pan. Pour over them the well-seasoned stock and simmer for quarter of an hour. Sprinkle with finely chopped parsley and serve.

CARDOONS WITH BROWN SAUCE AND HAM

Make a sauce of a good stock, or better still with veal gravy: thicken it. Add to it a heaped tablespoon of finely chopped ham. Before serving add to it the yolk of an egg which has been mixed with cream and strained. Do not let the sauce boil.

CARDOONS AU GRATIN (1)

Make a rather thick sauce of good veal or chicken stock and a little white roux.

Cook the cardoons as directed. Butter a fireproof dish. Line it with a layer of cardoons and cover them with some of the sauce. Add another layer of the vegetable and the rest of the sauce. Sprinkle with a few tiny pieces of butter and some freshly grated gruyère. Bake in the oven for twenty-five minutes.—M. PERNOLLET of Belley.

CARDOONS AU GRATIN (2)

Take a fireproof dish and pour some Mornay sauce over the bottom of it. Lay in the cardoons and cover them with more of the sauce. Sprinkle grated cheese and little pieces of butter on top and brown quickly in the oven.

CARDOONS WITH MARROW

Cook the cardoons and serve them with a rich brown sauce flavoured with Madeira (p 35).

Cut some beef marrow into thin slices. Put these into boiling water and simmer them as gently as possible for ten minutes. Take them out with a skimmer, a slice at a time. Let them drain well. Lay them on the cardoons.

PUREE OF CARDOONS

Put the cooked cardoons while hot through a sieve. Mix them with a little Béchamel sauce, adding a very little cheese. Stir well over gentle heat (p. 25). Season, using a good deal of freshly ground white pepper.

CARROT

Daucus Carota. Biennial. Native of Europe. Season : All the year.

Fr. *Carotte.* Ger. *Möhre.* It. *Carota.* Sp. *Zanahoria.*

Carrots are said to have been introduced into England by Flemish immigrants in the early sixteenth century.

“A cure for asthma. Live a fortnight on boiled carrots only.”—JOHN WESLEY. *Primitive Physic.* 1789.

Carrot juice mixed with milk is good for asthma, and bronchitis. It should be taken a glass at a time.

Eaten raw, grated or nibbled, carrots are good for the blood.

GENERAL DIRECTIONS

Cut off any green part at the root end and the tips.

Scrape old carrots, do not peel them. Cut them in half lengthwise, and take out the hard yellow centre.

Very young carrots need not even be scraped. The soft outer skin, after washing, will rub off easily.

Old carrots should be given a preliminary blanching. Then drain them and put them into fresh boiling water. They will take if sliced, about twenty minutes to cook : from thirty minutes to an hour if whole. Cook them with the lid on.

New carrots will take about twenty minutes to cook. As little water as possible should be used. Cook them with the lid on.

CARROTS WITH WHITE SAUCE

Having blanched the carrots, cut them into small pieces, or slice them. Only just cover them with water adding salt and a small lump of sugar. Cook them till tender, by which time the water should have been greatly reduced.

Have ready a little thick white sauce that has been cooked with a slice of onion and then put through a strainer. Add part of the liquid from the carrots to it. Season well. Sprinkle with finely chopped parsley and a few tiny pieces of butter. Whisk together and pour over the well-drained carrots.

Or : use a good Béchamel sauce.

YOUNG CARROTS WITH CREAM

Cook a number of very young carrots in a very little

slightly salted water. When they are tender, take them out of the water, drain and set them where they will keep hot.

Reduce the water they were boiled in by very quick boiling. Add a little butter and a tablespoon of cream and seasoning. Pour this over the carrots and sprinkle them with finely chopped parsley.

YOUNG CARROTS A LA POULETTE

Prepare the carrots and lay them flat in a large pan. Pour three tablespoons of water, or clear stock over them. Add an ounce or two of butter, a little salt and a coffeespoonful of sugar.

Put the lid on and cook them as gently as you can, shaking the pan from time to time to prevent the carrots from sticking to the bottom of it.

When the carrots are tender, strain the liquid off them. Add to it a little cream with which you have mixed the yolk of an egg. Strain this sauce. Season it and heat it in a pan standing in a *bain-marie* (p. 15). Put the carrots into it, but do not let the sauce boil, or it will curdle. Serve quickly.

Young carrots are worthy of this treatment.

GLAZED CARROTS

Put a number of very young carrots, or slices about an inch thick of older ones, in a pan, together with an ounce of butter and three gills of good brown stock, a teaspoonful of sugar and a little salt.

Do not cover the pot. Cook gently, shaking the carrots occasionally. By the time they are tender they should be coated with a rich glaze. Season them. Watch them carefully the last ten minutes lest they burn. In all, the glazing will take about thirty-five minutes.

PUREE OF CARROTS

Cook a number of prepared sliced carrots in stock or water. When they are tender drain off the stock and add a little chopped onion that has been browned in butter. Put the mixture through a sieve while hot. Put it back on the fire and stir well until the purée thickens (p. 25). Add a little butter, cream or glaze (p. 50), seasoning and a touch of sugar. Beat well together and serve at once.

This purée is excellent with veal or mutton cutlets.

CARROTS A LA VICHY

Prepare a pound of very young carrots. Cut them in slices a quarter of an inch thick.

Take a thick-bottomed saucepan, lined copper or aluminium by preference. Melt an ounce and a half of butter in it. Put the carrots in. Sprinkle them with salt and a level dessert-spoon of powdered sugar. Then add enough water to cover them. Put the lid on the pot. Bring the water to the boil, then let it simmer gently for half an hour, shaking the pan occasionally. Reduce the heat even more and cook for another quarter of an hour, by which time the liquid should have been completely reduced.

Season and add finely chopped parsley.

A small onion may be cooked with the carrots, but it should be removed before serving them.

CARROT CROQUETTES

Cook a number of prepared sliced carrots in salted boiling water. When they are tender, strain off the water and put the carrots through a sieve together with a little chopped onion that has been lightly browned in butter.

Put the purée back into a pan and cook it till it is thick (p. 25), adding a teaspoon of sugar and seasoning. Take it off the fire and pour it into a basin. Mix it with a tablespoon

of Béchamel sauce (to a cupful of purée) and the yolk of an egg that has been mixed with a tablespoonful of milk or cream and put through a strainer.

Put the mixture on a floured platter, form it into small balls (p. 21). Egg-and-breadcrumb them. Fry them in deep fat or in hot butter in a frying pan.

NEW CARROTS WITH CURRY

Scrape the carrots and slice them across. Put them in a pan with stock, a little butter, a bouquet, salt, pepper and a pinch of sugar.

Chop a large onion and fry it in butter and when it is pleasingly browned, add a tablespoon of curry powder and a big pinch of flour. Continue to fry the onion gently for two or three minutes. Then add a little milk or cream. Put it through a sieve and back into the pan. Add the drained carrots. Simmer for five or six minutes and serve in a border of rice.—M. ALFRED SUZANNE. 300 *Manières d'Accommoder les Légumes*. (Albin Michel).

CARROT SOUFFLE

Mix half a pint of carrot purée, having cooked the carrots in a little stock with an onion with the same quantity of Béchamel sauce.

When it is slightly cooled, add the yolks of three eggs mixed with a very little milk, cream or stock. Strain the mixture. Immediately before putting the soufflé in the oven, slice in the stiffly beaten whites (p. 30).

Bake for twenty-five minutes.

CARROTS AND PEAS

Young carrots shaped with a vegetable cutter into tiny balls are pleasant served with an equal quantity of peas. Mix them with a Béchamel sauce.

CAULIFLOWER

Brassica oleracea Botrytis. Annual. Native of Europe and Western Asia. Season: All the year.

Fr. *Choufleur.* Ger. *Blumenkohl.* It. *Cavolfiore.* Sp. *Coliflor.*

“There was a Savoie Cole, then Cole Florie.”

—GERARD'S *Herball*, 1597.

“How to butter a Collesflowre. Take a ripe Collesflowre and cut off the buddes, boyle them in milk with a little Mace while they be very tender, then poure them into a Cullender, and let the Milke run cleane from them, then take a ladle full of Creame, being boyled with a little whole Mace, putting to it a Ladle-full of thick Butter, mingle them together with a little Sugar, dish up your Flowres upon Sippets; poure your butter and creame hot upon it, strowing on a little slicst Nutmeg and Salt, and serve it to the Table hot.”

—JOHN MURRELL. *Delightful Daily Exercise for Ladies and Gentlemen*, 1621.

“Have some milk and water boiling, put in the cauliflowers and be sure to skim them well.”

—JOHN FARLEY, 1787.

GENERAL DIRECTIONS

Choose a very firm and perfectly white cauliflower. (We have too many poor ones on the market, and great care must be taken in the selection.)

Though the small green leaves that surround a cauliflower are delicate and quickly cooked, the coarse ones, the stump and, above all, the tough skin which covers the stalk of each little bouquet are indigestible.

For this reason the cauliflower should be freed of its stump and the outer leaves and the flower divided into small pieces. Each stalk should have its thick skin removed with a very sharp knife.

When this has been done, throw the little bouquets into a basin of cold water to which you have added a tablespoon of vinegar. Leave them for half an hour.

Have ready a saucepan of quickly boiling water. Put in the cauliflower and blanch it for five minutes. Pour off the water at the end of this time, and add more boiling water, this time salted. Ten minutes cooking will suffice, for the cauliflower bouquets should retain their shape and never be reduced to mushiness.

Take the pieces out with a skimmer and lay them on a sieve or in a cullender to drain.

Cauliflower may also be steamed. This will take about three quarters of an hour.

It may also be cooked in stock, as it was at the court of Louis XIV. When tender, the stock is strained off and the cauliflower served with a little melted butter and seasoning. The stock is used for soups or may be made into a sauce.

Plain boiled cauliflower can be served with a very smooth white or Béchamel sauce; but it is worthy, at its best, of a Hollandaise sauce.

Or: It may be turned over in a little clarified butter, and sprinkled with seasoning and finely chopped parsley.

CAULIFLOWER CROQUETTES

Put cooked cauliflower through a wire sieve. Add to it half its weight in fine breadcrumbs. Moisten with thick cream or white sauce. Season well. Bind with the yolks of two eggs (to the pint of purée). Beat the whites of two eggs till they are very stiff. Add them to the mixture.

Form into small croquettes, flour, egg-and-breadcrumb them (p. 22). Fry them in hot fat.

Sieved potato can be used instead of breadcrumbs.

CAULIFLOWER AS A GARNISH

Cook a cauliflower as directed. Let it drain thoroughly. Dip each piece into a rather highly seasoned Mornay sauce and then in fine well-browned raspings of bread (p. 19), and grated cheese. Brown in the oven.

CAULIFLOWER AU GRATIN (1)

Boil a cauliflower. When it is tender divide it into little bouquets. Drain them thoroughly.

Heat some clarified butter and cook it till it is light brown in colour. Dip each piece of cauliflower into it, then into very fine browned raspings of bread that have been mixed with seasoning.

Put the pieces in the fireproof dish in which they will be served and brown them quickly in the oven.

A little grated cheese may be sprinkled over the cauliflower.

CAULIFLOWER AU GRATIN (2)

Mix the white part of a cooked cauliflower very gently with plenty of Mornay sauce. Pour it into a fireproof dish, the wider and flatter the better, sprinkle with grated cheese and tiny pieces of butter and brown in the oven.

CAULIFLOWER AU GRATIN (3)

Sprinkle a lightly buttered rather deep fireproof dish with grated cheese. Put in it a layer of cooked cauliflower, more cheese, then another layer of cauliflower and sprinkling of cheese and seasoning.

When the dish is full, pour over it some clarified butter

that has been cooked till it is light brown. Brown in the oven.

CAULIFLOWER AU GRATIN (4)

Cook a cauliflower until almost tender, but do not let it boil so long that it will fall to pieces. Strip off the leaves from the flower, and arrange the little bunches on a dish, but not too close together.

Make a *roux* of one ounce of flour and one of butter. Add two gills of stock. Bring to the boil and simmer for five minutes. Let it cool a little, then add the yolks of two eggs mixed with a tablespoon of cream and a little salt. Pour the sauce over the cauliflower, sprinkle it with browned breadcrumbs and bake in moderate oven.

CAULIFLOWER A LA MAUFOUX

Cook the cauliflower in salted boiling water. Drain it and cut it up into small bouquets, peeling off the coarse skin of each stalk as directed.

Put them into a round mould and set them where they will keep hot till you are ready to serve.

Take enough butter to make a sauce. Clarify it. Put fine breadcrumbs into it when it is very hot, and let them colour a golden brown. Season this sauce with salt and freshly ground pepper. Add lemon juice.

Turn out the cauliflower from the mould on to a very hot plate.

Sprinkle over it the yolk and white of a hard-boiled egg, which have been put through a coarse sieve, or chopped.

Pour the butter and bread-crumbsauce over the top, sprinkle it with very finely chopped parsley and serve at once.

This receipt, said to be of Polish origin, makes a most admirable entrée if it is prepared with delicate care.

—MADAME MAUFOUX.

CAULIFLOWER PUREE

Put the white part of a cauliflower through a sieve. Mix then with a little cream, Béchamel or Mornay sauce. Season well. To a half pint of the mixture, add a big spoonful of very thick tomato purée.

Pour the mixture into a shallow fireproof dish. Sprinkle with grated cheese and a few tiny pieces of butter and brown in the oven.

CAULIFLOWER WITH RICE (Hungarian Receipt)

Prepare and wash a cauliflower weighing about a pound and a half. Put it in the middle of an earthenware pot and surround it with three and a half ounces of half-cooked rice.

Pour sufficient seasoned milk into the pot to half cover the cauliflower and cook it in a moderate oven for three-quarters of an hour with the lid on.

Take the pot out of the oven. Pour a cupful of sour cream (p. 28) over the cauliflower. Sprinkle it liberally with small pieces of butter and breadcrumbs. Bake uncovered for another ten minutes.—MME. DE SZASZ.

SOUFFLE OF CAULIFLOWER

Cook a cauliflower as directed. Put the white part through a sieve. To half a pint of sieved cauliflower, add half a pint of rich Béchamel sauce, flavoured with tomato purée.

Stir well over the fire, adding two tablespoons of grated parmesan or gruyère. Season.

Remove the purée from the fire. Stir in the yolks of two eggs mixed with a little very good stock. Beat well together. At the last moment cut in three stiffly beaten whites (p. 30).

Sprinkle with cheese. Bake for about twenty-five minutes. Serve with tomato sauce.

CELERIAC: or TURNIP-ROOTED CELERY

Annual. Season: October to April.

Fr. *Céleri-nave*. Ger. *Knoll-Sellerie*. It. *Sedano-rapa*. Sp. *Apio-nabo*.

Celeriac has only recently come into cultivation.

GENERAL DIRECTIONS

This very good vegetable, with its flavour of celery, is almost entirely neglected in England. The root only is used, the leaves having an unpleasantly bitter flavour.

Choose small roots. If on cutting them up, you find they are spongy, discard them as worthless.

Peel them rather thickly (the outside of celeriac is stringy), cutting out any discoloured parts. Cut them up in slices half an inch thick, or in dice, or strips. Put the pieces in cold water, bring it to the boil and cook until they are tender—about three-quarters of an hour. Drain thoroughly.

CELERIAC WITH WHITE, OR EGG-SAUCE

Put the well-drained, cooked celeriac in a pan and cover it with either of the above mentioned sauces. Simmer it for ten minutes and serve decorated with the yolk of a hard-boiled egg which has been rubbed through a sieve.

Or: The celeriac can be served with mustard butter (p. 21).

CELERIAC COOKED WITH STOCK

Prepare the celeriac as directed and cook it in good stock. When it is tender, pour off the stock and reduce it by quick boiling. Thicken it with a little *roux* (p. 29), and stir in a tablespoon of finely grated gruyère. Pour the sauce on to the

celeriac. Simmer a few minutes. Add a teaspoon of meat-extract or glaze and a tablespoon of cream. Season and serve.

CELERIAC AU GRATIN

Cut the celeriac into small strips. Cook it as directed. Drain thoroughly and mix with a Mornay sauce. Sprinkle with grated cheese and a few tiny pieces of butter.

Brown it in the oven.

PUREE OF CELERIAC

Cook three-quarters of a pound of prepared celeriac as directed, either in water or stock, for thirty minutes. Then add rather less than half its weight of medium-sized peeled potatoes. Cook until all are tender.

Pour off the water or stock and put the vegetables through a wire sieve. Put the purée back into the saucepan with a heaping tablespoon of butter. Stir well together. Then add a little milk or cream, or use half cream, half good gravy. Beat well together and serve very hot.

This purée is good with grilled sausages.

CELERY

Apium Graveolens. Biennial. Native of Europe. Season: September till April.

Fr. *Céleri*. Ger. *Sellerie*. It. *Sedano*. Sp. *Apio*.

The Romans cultivated celery and so did the Greeks. It was introduced into England in the seventeenth century and was then mentioned as an Italian food—"the young shoots thereof they eat raw with oyl and pepper."

For chilblains. Make a strong decoction of celery and while it is very hot hold the fingers in it.

Celery tea is excellent for rheumatic patients (see p. 324).

Celery is aperitive and diuretic. It is good against rheumatism and gout.

Mr. Robinson in his *Vegetable Garden* quotes the following instructions for keeping celery, given by Mr. Peter Henderson of New York.

“Get a box four or five feet long, twelve inches wide and twenty or twenty-four inches deep. In the bottom place two or three inches of sand or soil—it makes little difference what, provided it is something that will hold moisture. Into this box at the time when celery is dug up (which in this district ranges from October 25th to November 25th), have the celery stalks packed perpendicularly with the roots resting on the sand. All that is necessary is to see that it is packed moderately tight, for if not packed tight the air would get around the stalks and prevent blanching. The box may then be set in any cool cellar, and will keep from the time that it is put away until March if necessary. A box of the size named will hold about from seventy-five to one hundred roots according to size. It is quite common for many families to purchase their celery from the market-gardeners, place it away in a box in this manner in their cellars during the winter, where it can be conveniently got at, and it costs also in this way less than half what it does when purchased tied up from the benches in the market in the usual way. We have for many years followed this method for what we want for our own private use, finding it much more convenient to get it out of the boxes in the cellar than to go to the trenches in the open ground for it in all weathers.”

GENERAL DIRECTIONS

Cook small or medium-sized heads of celery. Cut off any bruised, discoloured or spongy stalks and the green tops. Scrub the celery and rinse it well. If large heads are used, cut them in half lengthwise.

If celery is to be plain-cooked, put it into salted boiling water and simmer till tender—about forty-five minutes. Drain it thoroughly. Serve it with white sauce. But celery is worthy of being cooked in something better than water.

CELERY BRAISED

Blanch the celery for ten minutes in boiling water.

Line a large strong saucepan, but not an iron one, with bacon rinds (p 17). Over them put a layer of sliced carrots and onions, and wedge amongst them a tiny bouquet.

Lay the prepared and blanched celery on this bed. Pour in enough stock to cover it and add a spoonful of very good fat, seasoning and a small lump of sugar.

Put the pan, covered with a round of buttered paper and its lid, in a moderate oven and cook gently for about an hour.

Take out the celery and set it on a sieve to drain, pressing it gently so that the liquid which is between the stalks will run out.

Serve the celery with the stock in which it is cooked, reduced to half its original quantity and with the fat carefully removed. Add a little glaze.

Or : with good clear veal stock.

Or : with veal stock thickened by the addition of the yolk of an egg mixed with cream and strained.

Or : with a Mornay or Suprême sauce (p 36).

CELERY AU GRATIN (1)

Prepare and blanch the celery. Put it in a pan with a tablespoon of butter and some good clear veal stock. Cover it with a piece of buttered paper and the lid, set it in a moderate oven and cook it gently for an hour.

Reduce the liquid, thicken it with *roux* or with the yolk of an egg mixed with cream.

Or: reduce the stock. Put the celery in the fireproof dish in which it will be served. Pour the stock over it, sprinkle with little pieces of butter and grated parmesan and brown quickly in the oven.

CELERY AU GRATIN (2)

Prepare the celery as directed and cut it up into short lengths. Blanch it and drain it thoroughly. Cook it in milk and when it is tender, make a sauce with the milk, a heaped tablespoon of grated cheese, butter and flour.

Mix the celery and sauce well together, pour it into a fireproof dish, sprinkle with browned breadcrumbs and cheese and brown in the oven.

CELERY IN BATTER

Take small lengths of the best part of the heads of celery that have been braised and drained thoroughly. Sprinkle them with seasoning, dip in good batter and fry in hot fat or oil.

PUREE OF CELERY

Prepare the celery; cut it into short lengths. Blanch it in boiling water. Drain it thoroughly and cook it in a little stock, together with a tablespoon of chopped onion and a small lump of sugar. When it is tender, put it through a sieve.

Put the purée back into the rinsed saucepan and stir it over the fire with a very little butter, until it thickens (p. 25). Then add sufficient Béchamel sauce to make the required consistency. Season well. Add a little cream and serve at once. A little glaze can also be added.

A little tomato purée may be added to the purée or some cooked chestnuts, which have been put through a sieve.

CELERY STUFFED WITH ROQUEFORT BUTTER

Take the hearts of two or three fine heads of celery. Wash them well.

Mix together pounded Roquefort cheese and fresh butter in equal quantities. Add pepper. Stuff this between the leaves. Tie the heads up and leave them for an hour in a cold place. Slice them in pieces about half an inch thick.

CELERY SOUFFLE

Boil some chestnuts and put them through a sieve while hot. To half a pint of them add a cupful of celery purée made with a good white sauce. Season well and beat in the yolks of two eggs. At the last moment add the whites of three eggs beaten to a stiff froth (p. 30).

Bake for about twenty-five minutes.

TURNIP-ROOTED CHERVIL

Chaerophyllum bulbosum. Native of Southern Europe. Biennial. Season: from July through winter.

“Chervil roots boyled . . . or onely eaten in manner of a sallade with oyles and vinegar, are singularly good and

wholesome for weake and aged people and for such as are dull and without courage.”

—VENNER’S *Via Recta ad Vitam Longam*, 1620. —

I have not tasted this vegetable, but Mr. Robinson in his *Vegetable Garden*, says that the root is floury and sweet and that it has a peculiar aromatic flavour. It keeps well through the autumn and winter.

The roots must be well washed, but not peeled. Put them in a pan, cover them with slightly salted water or stock. Put on the lid and simmer for about an hour and a half. Serve with a white sauce.

CHESTNUTS

Buy the best chestnuts only.

Take a sharp knife and make an incision in the side of each, *in the shell only*.

Put a little cold water in a tin. Stand the chestnuts in it and bake them for seven minutes. You will then be able to remove the shell and the skin under it without much trouble. You must, however, peel them while they are very hot.

Or : Having made the incisions, put the chestnuts into a saucepan with cold water. Bring it to the boil and cook for a minute or two. Take out the chestnuts and peel and skin them while very hot.

PUREE OF CHESTNUTS

Having peeled the chestnuts put them in a saucepan and cover them with stock (veal, chicken or game) according to the dish with which they are to be served,

Put the lid on the pan, bring the stock to the boil and then simmer very gently until the chestnuts are tender. This will take more than an hour.

Put them through a wire sieve while very hot and back into the rinsed saucepan. Stir hard until the purée thickens (p. 25). Then add a little more good stock and, to a pound of purée, about a dessertspoonful of butter and a little cream at the last minute. Stir it in quickly. Serve at once.

If the purée must be kept waiting, distribute some tiny pieces of butter on its surface. This will prevent a crust from forming.

PURÉE OF CHESTNUTS AND CELERY

This purée is made in the same way as the chestnut purée, but one third celery cooked and put through a sieve separately is added to two-thirds chestnut purée. Use white stock, add seasoning and finish with a little cream and butter.

SIEVED CHESTNUTS

Prepare the chestnuts as directed. Cook them in a little stock, and a tablespoon of butter. When they are tender, drain off the stock and put the chestnuts through a potato presser into a heated dish. Serve at once.

CHESTNUT SOUFFLE

Cook sufficient chestnuts in stock to make half a pint of purée.

Use the stock in which they were cooked to make half a pint of sauce, adding more if necessary. This stock should be rich and clear and must be thickened with a tablespoon of brown *roux*. Stir in the yolks of four eggs and just before putting the soufflé into the oven, add the stiffly beaten whites.

A third of celery purée may be used with two-thirds of chestnut purée,

A little seasoning will be required, but must be added carefully.

CHESTNUT CROQUETTES

To half a pint of cooked chestnut which has been put through a sieve, add two tablespoons of thick rich white sauce. Beat the yolks of two eggs lightly and stir them in. Season. Shape into balls (p 19), and fry in deep fat (p 22).

Thickened game or chicken stock may be used instead of a white sauce.

CHICORY

Cichorium intybus. Perennial. Native of Europe. Season: September to April.

Fr. *Barbe-de-Capucin*. Ger. *Cichorie*. It. *Cicoria*. Sp. *Achicoria amarga*.

This was one of the earliest plants to be used in the making of salads. It is the common chicory which grows wild in most parts of Europe. When forced in darkness it makes the excellent winter salad known as *barbe-de-capucin*.

“A decoction of wilde Succorie maketh the visages and countenance of women more cleere and pleasant.”

—*Maison Rustique*, 1600.

“The seeds . . . are available for faintings, swoonings and the passions of the heart.”—CULPEPER’S *Herbal*, 1653.

WITLOOF or BRUSSELS CHICORY

This is an excellent vegetable (*Endive* in French) either in salads or cooked, although it is sometimes a little too bitter to be pleasant.

GENERAL DIRECTIONS

Cut off the outer leaves and trim the tops. Spread out the white leaves and pour water through them. Then lay them in cold salted water for a short time. Drain them well, squeezing out the moisture.

CHICORY COOKED IN BUTTER

Blanch the prepared heads of chicory for five minutes. Take them out and drain them well.

Melt a little butter in a pan. Lay in the chicory. (The pan should be large enough to let the chicory lie flat on the bottom of it.) Sprinkle seasoning over it and add a squeeze of lemon.

Cover the pan with a piece of greased or buttered paper. Put it in the oven and cook it gently until the chicory is tender. This will take about an hour.

Take out the chicory and drain it.

Add a little cream and seasoning to the butter in the pan, or serve with a white sauce. A little glaze can be used.

CHICORY AU JUS

Prepare and blanch the chicory.

Put a little butter in a saucepan. Lay in the well-drained chicory. Cover it with good clear brown veal stock. If this has not been salted, add a little seasoning.

Cover the pan with a piece of buttered paper and the lid.

Cook it in a moderate oven, or over gentle heat, until tender—about thirty minutes to forty minutes.

Serve with the stock in which it has cooked.

BRAISED CHICORY

Prepare and blanch the chicory.

Put some bacon rinds, slices of carrot and onion and a very small bunch of herbs in a pan (see p. 17). Lay the chicory over them. Cook for a few minutes. Then remove from the fire and add a little white stock. Close the pot carefully and cook in a moderate oven for an hour, or over gentle heat for forty minutes.

Take out the chicory. Drain it well. Keep it where it will remain hot.

Strain off the stock. Remove the grease. Reduce it by quick boiling. Thicken it very slightly, and at the last moment stir in a few small pieces of butter and a spoonful of cream and seasoning.

CHIVES

Allium Schoenoprasum. Native of Europe. Perennial.
Season : all the year.

Fr. *Ciboulette* or *Civette*. Ger. *Schnittlauch*. It. *Cipollino*.
Sp. *Cebollino*.

“Chives attenuate and make thin.”

—GERARD'S *Herball*, 1597.

Chives are very handy for seasoning salads and sauces. The leaves can be used instead of spring onions.

The Welsh onion (Fr. *ciboule*) is used in the same way.

CHOUCROUTE (SAUERKRAUT)

The making of Sauerkraut is too complicated for a modern household—especially since it requires a wine-barrel to keep it in.

But choucroûte can be bought and cooked by those who like it. If they can get the *sauer-kraut* of Alsace or Lorraine, they will be fortunate. These countries, standing mid-way between France and Germany, give the most delicate form of this preparation.

Cook your choucroûte in an earthenware or copper pan. Goose fat is preferred by most cooks to any other form of fat.

In Lorraine a *vin gris* is considered necessary to success. Many receipts recommend half wine, half water. Germans often add a little Kümmel. Sour cream is sometimes used or a cupful of tomato purée.

Choucroûte can be served in a border of purée of potatoes flavoured with thyme and sage.

For the cooking of choucroûte I give two receipts. The first is by M. Paul Bouillard, the proprietor of the famous "Filet de Sole" in Brussels, and is taken from his *La Cuisine au Coin du Feu*.

CHOUCROUTE GARNI

Very white choucroûte should be selected. It must be rinsed in cold water before cooking.

Place a dish upside down in an earthenware pan. Lay on it two onions, each stuck with a clove, three carrots, a muslin bag containing a tablespoon and a half of peppercorns slightly crushed, another containing juniper berries and yet another holding a bouquet. Over these lay half of the well drained choucroûte. Press it down. Then add two table-

spoons of lard, a piece of lean bacon and a pig's foot cut in half. Over this spread the rest of the choucroûte, sprinkling a little coarse salt on top. Cover with water, add two tablespoons of lard, cover the pot and bring to the boil. Cook for two and a half hours.

As soon as the bacon is cooked, take it out, but leave the pig's foot to cook with the choucroûte.

A quarter of an hour before serving, add some smoked Strasbourg sausages, one for each person.

When cooked, arrange the choucroûte in a deep dish in the shape of a dome. Place on top of it slices of cooked ham. Round the dome make a ring of slices of bacon, and place the sausages and pieces of pig's foot on the sides of the dome. Serve with plain-boiled potatoes.

CHOUROUTE A LA BIENVENU

Wash about two pounds of choucroûte in two or three tepid waters to free it from its acidity.

Put two tablespoons of lard at the bottom of a big pan, then a layer of sliced medium-sized carrots, then half of the choucroûte, and a pound of pickled pork. Then add two onions each stuck with a clove, a bouquet of herbs and a little muslin bag containing a teaspoonful of whole black peppers and eight or nine juniper berries. Cover with what is left of the choucroûte. Pour in half a pint of dry white wine and add some bacon rinds, or a well-greased round of paper. Cover closely.

Boil the contents of the pot for ten minutes, then put it in a moderate oven and let it cook gently for from one and a half to two hours ; or cook it over heat.

At the end of an hour, look in the pot and see if the contents are getting too dry. If they are, add more white wine and a little stock or water.

Add two or three Frankfurt sausages twenty minutes before you are ready to serve.

Before serving remove the muslin bag, the bouquet and the onions. Serve very hot.

It is best to use the breast of pork. A ham bone can be added.

M. GAUDIN, Bienvenu Restaurant.

CORN SALAD or LAMB'S LETTUCE

Valerianella olitoria. Native of Europe. Annual. Season : September to March.

Fr. *Mache*. Ger. *Ackersalat*. It. *Erba riccia*. Sp. *Canonigos*.

Corn-salad is of comparatively recent cultivation in Europe. It was not mentioned in any seventeenth century French cookery books ; but it is referred to by Gerard in his *Herball* (1597).

“Eaten with vinegar, salt and oile, as other sallades be, among which it is none of the woorst.”

CUCUMBERS

Cucumis sativus. Annual. Native of the East Indies. Season : all the year.

Fr. *Concombre*. Ger. *Gurke*. It. *Cetriulo*. Sp. *Cohombro*.

This vegetable is mentioned by the prophet Isaiah and it has been used all down the centuries, though its quality has changed for the better by skilful cultivation. It was said to have been introduced to England in its present form towards the end of the sixteenth century : but it is mentioned in the fourteenth. In the seventeenth and eighteenth, it was always known as a cowcumber :—“No well-taught person,

except of the old school, now says cowcumber . . .” (1836.)

Pliny considered that cucumbers were apt to cause trouble, unless pared, or boiled with oil, vinegar and honey.

“The use of cucumbers is altogether hurtful, because the nourishment and juice of them is easily corrupted in the veins wherefore it is better to appoint them for meate for mules and asses to which kind of beasts this fruit is very pleasant and profitable, than to ordaine them for men’s foode and sustenance.”—*Maison Rustique*, 1600.

“The fruit cut in peeces or chopped as herbes to the pot, and boiled in a small pipkin with a peece of mutton, being made into potage with Ote-meale, even as herb potage are made, whereof a messe eaten to breake-fast, as much to dinner, and the like to supper; taken in this manner for the space of three weekes together without intermission, doth perfectly cure all manner of sawce flegme and copper faces, red and shining fierie noses (as red as red Roses) with pimples, pumples, rubies, and such like pretious faces.”

—GERARD’S *Herball*, 1597.

In addition a face lotion was to be used.

“Cucumbers cooked engender good humours and settle a very cold and weak stomach as by much practice and long experience I have proved on divers persons.”

—DR. THOMAS MUFFET, *Health’s Improvement*, 1655.

“The face being washed with their juice cleanseth the skin. Take the Cucumbers and bruise them well and distil the water from them. . . . The face being washed with the same water cureth the reddest face that is; it is also excellent for sun-burning and freckles.”—*Ibid.*

“Half a peck of quince blossoms put in a pan, covered with cold water and simmered very gently for an hour. Cut two large cucumbers into very thin slices and then chop them finely. Put into the saucepan with the quince blossom water and boil for five minutes. Strain through muslin, and when quite cold pour into bottles and tie down. To use, smear the lotion on the face and leave on for at least ten minutes before washing.”

This receipt, an old one, is given in Miss Rohde's *A Garden of Herbs*. No lover of quinces could read it without shuddering. Yet these blossoms have a very whitening effect on the skin. Rose petals or cowslips may be used instead.

TO STEW CUCUMBERS

“Take about a dozen of large Cucumbers, and slice them ; then take three Onions and cut them very small ; put these in a Saucepan over the Fire to stew, with a little salt, stir them often, till they are tender, and then drain them in a Cullender as dry as possible ; then flour them, and put some Pepper to them, and fry them in Butter till they are brown, and put to them a Glass of Clarret, and when this is mix'd with them, serve them under Roast Mutton, or Lamb, or else serve them on a Plate upon Fryd Sippets.”—*The Housekeeper's Pocket Book*. SARAH HARRISON of Devonshire, 1739.

GENERAL DIRECTIONS

Peel the cucumber. Cut it in half lengthwise and again across into whatever sized pieces you require. Remove the seeds. Sprinkle all the pieces with salt and set them on a hair sieve to drain. After half an hour pour cold water through them.

Cucumbers can be cooked in slightly salted water to which

a lump of sugar has been added. But they are better when cooked in white stock.

Allow a large cucumber for three persons.

BOILED CUCUMBERS

Cut up the cucumber as directed: or cut it out, with a vegetable cutter, into small olive shaped pieces.

Cook it in boiling water or stock with a lump of sugar till tender, the time depending on the size of the pieces cooked. Drain them well.

Make a white sauce and add cream to it. If stock has been used, take a little of it to make the sauce with. Put the pieces of cucumber into the sauce, season well. Before serving, sprinkle them with finely chopped chervil and tarragon.

Or: with a little of the stock in which the cucumbers were cooked, make a poulette sauce by thickening it with the yolks of eggs mixed with cream and strained. Season carefully.

Or: drain the pieces of cucumber and serve them with a little chopped tarragon and chervil and some clarified butter, which has been cooked until it is a clear brown.

GLAZED CUCUMBERS

Proceed exactly as for carrots (p. 124).

SAUTED CUCUMBERS

Prepare the cucumbers as directed, having cut them into slices about an inch thick.

Cook them for about ten minutes in salted boiling water. Take them out and let them drain thoroughly.

Cook them in very hot butter until the pieces are tender and

slightly browned. Then drain them and serve with grilled steaks, escalopes of veal, etc.

The cucumbers should be lightly powdered with very finely chopped parsley, chervil and tarragon.

Or: having been cooked in butter, they may be sprinkled with flour and covered with a gill of sour cream (p. 28). Then simmer them for ten minutes and add chopped dill and seasoning.

SAUTED CUCUMBERS A LA LYONNAISE

These cucumbers are prepared and cooked in the same way as plain sautéed cucumbers, but a little chopped onion should be lightly browned in butter and added to them before serving. Sprinkle them with very finely chopped parsley.

STUFFED CUCUMBERS

Cut the peeled cucumbers in half lengthwise and prepare them as directed.

Cut into short lengths, taking out a little of the pulp to make a hollow for the stuffing. Or; cut the cucumbers across, and scoop out the centre with a sharp spoon.

Blanch the pieces in salted water.

Stuff with one of the mixtures indicated.

Chop a little veal, ham, parsley and onion very finely, together with any cucumber pulp that has been set aside. Brown these ingredients in butter. Drain them well and season.

Heap the stuffing on hollowed pieces of cucumber. Set them in a fireproof dish in which you have heated a little stock and butter. Cook them gently in the oven. Brown them under the grill.

The stock and butter can be used to make a sauce to serve with them. Add more butter to it, and a little thickening, either flour or the yolk of an egg.

Or : finely chop a piece of the breast of chicken. Chop several mushrooms and cook them in butter with a tiny touch of finely chopped onion. Add some breadcrumbs. Drain and mix with the chicken. This stuffing can be bound with the yolk of an egg.

Or : chop a little ham very finely. Add to it breadcrumbs and some grated cheese and bind with a little cream.

CHINESE CABBAGE—PE-TSAI

Brassica Chinensis. Annual. Native of China.

This plant is said to be very delicate in flavour. It requires a mild climate. It is a large handsome plant, the leaves of which are eaten like cabbages, boiled, chopped and mixed with a little butter and seasoning.

Mr. Robinson (*The Vegetable Garden*) says that it can also be eaten uncooked as a salad.

DANDELION

Leontodon taraxacum. Perennial. Native of Europe.
Season : All the year ; specially recommended in spring.

Fr. *Pissenlit.* Ger. *Löwenzahn.* It. *Dente di Leone.*

“ ’Twas with this homely sallet the good wife Hecate entertained Theseus.”—JOHN EVELYN, *Acetaria*, 1699.

“ It helpeth to procure rest and sleep. . . . You see here what virtues this common herb hath, and that is the reason

the French and Dutch so often eat them in the spring ; and now if you look a little farther you may see plainly, without a pair of spectacles, that foreign physicians are not so selfish as ours are, but more communicative of the virtues of plants to people.”—CULPEPER’S *Herball*, 1653.

GENERAL DIRECTIONS

Dandelion leaves are generally used as a salad. They may, however, be cooked.

Pick the leaves, using only young and tender ones. Leave them in cold water for an hour after having washed them carefully.

Blanch them for a few minutes in boiling salted water. Take them out, drain them and put them back into boiling water. Cook them till tender—about half an hour.

Drain them on a sieve, pressing out all moisture with the hands. Chop them finely and add a little butter and cream and seasoning. Sprinkle the dish with very finely chopped ham.

THE EGG PLANT

Solanum Melongena. Annual. Native of India. Season : best in July and August.

Fr. *Aubergine*. Ger. *Eierpflanze*. It. *Petronciano*. Sp. *Berengena*.

There is certainly something a little sinister about the deep purple colouring of the *aubergine*. In the eighteenth century it is mentioned as a choicest kind of annual : but Gerard, in whose day it was known as the “Madde” or “Raging” Apple, thought differently. “Doubtless these

apples have a mischievous qualitie, the use whereof is utterly to bee forsaken."—GERARD'S *Herball*, 1597.

GENERAL DIRECTIONS

July and August are the months when egg-plants are at their best—the seeds not having yet been formed. No *aubergine* is worth cooking unless it is fresh.

A fresh egg-plant is firm to the touch and its skin is smooth and brilliant.

Egg-plants, which are to be fried or boiled, require much the same preliminary treatment as cucumbers. They should be peeled, sliced and the seeds removed. Then they must be sprinkled with salt and set on a sieve to drain for an hour or so. The process of draining will be hastened if the egg-plant is pressed down with a heavy weight.

FRIED EGG-PLANT

Peel young egg-plants and cut them in slices about half an inch thick. Remove the seeds if they have formed.

Salt the slices as directed. At the end of an hour's draining, wipe them with a clean cloth. Toss them in flour and fry them in hot oil. Season and serve very quickly.

These slices of egg-plant can also be sautéed for about twenty minutes in butter in a wide pan. Season them and serve them very hot.

They may be served as they are, or with tomato sauce slightly flavoured with garlic, or sprinkled with grated cheese and freshly ground white pepper.

Or: a very small teaspoonful of the following mixture can be put on each slice.

Chop some onion very finely. Brown it in butter with breadcrumbs. Add finely chopped parsley. Mix well together, drain and serve at once, very hot.

EGG-PLANTS SIMMERED IN BUTTER

Prepare the slices of egg-plant as directed above.

Melt a large tablespoonful of butter in a pan. Add the slices, with seasoning. Put the lid on and simmer till they are tender. Drain them.

Serve with white, Béchamel or tomato sauce.

EGG-PLANTS A LA PROVENÇALE

Cut several tomatoes in half, squeezing out the seeds and juice. Chop them on a board together with a small handful of chervil and a little garlic.

Peel an equal number of small egg-plants, cutting each into seven or eight slices. Score these across and across on both sides, using a very sharp knife. Shake out the seeds and press the slices down to extract the moisture.

Heat some of the best olive oil in a pan. When it is hot—but not boiling—put in the slices of egg-plant, a few at a time. Cook them till they are slightly browned and yield unctuously to the touch of the finger. Take them out and keep them hot.

Put the chopped tomatoes, chervil and garlic in the pan in which the egg-plants were cooked—in the same oil. Put them in a little at a time, stirring well. When you have brought them to the boil, set the pan where the contents will simmer very gently for three and a quarter hours.

To serve, take a long earthenware dish and arrange egg-plants, and tomatoes in alternate layers, finishing with a layer of tomatoes. Serve at once, very hot. Or what is even better, leave them for a day and then re-heat.

—PAMPILLE, *Les Bons Plats de France*. (Arthème Fayard.)

EGG-PLANT GARNISH

Prepare and chop some mushrooms very finely. Cook them in butter.

Prepare about the same quantity of chopped onion and cook it separately in butter.

Drain both and put them together in a pan with finely chopped cooked egg-plant, a little tomato purée, but very little, and seasoning. Stir well together and serve at once.

This is an exceedingly good garnish for meat, or for fillets of sole cooked in butter. It is, however, very rich and must be used in small quantities.

STUFFED EGG-PLANTS

Wipe the required number of egg-plants, then cut them in half lengthwise. Remove the seeds.

With a very sharp knife make several criss-cross incisions in the flesh of the plants, but do not penetrate the skin which must remain intact.

Have ready hot fat (p. 22) or oil, and put in the egg-plants, skin-side upwards. Fry for about seven minutes, by which time they should be tender. Take them out with a skimmer and let them drain on a sieve (skin-side upwards). Then, while they are still hot, remove the pulp and chop it finely.

Butter a fireproof dish and arrange the empty skins in it. Fill them with stuffing, sprinkle them with breadcrumbs and a little melted butter or oil.

Bake in a quick oven for about eight minutes.

STUFFINGS FOR EGG-PLANTS

1. *Tomato and Rice* —Skin several tomatoes and press out their seeds. Cut them up and let them simmer, covered, with a tablespoon of chopped onion, seasoning and a lump of sugar, for at least half an hour. A clove of garlic would be added in France, and its flavour is excellent with egg-plants, but the addition is not likely to be popular in England.

To the tomato, when it is cooked, add two or more

tablespoons of cooked rice and the chopped pulp of the egg-plants. Test the seasoning. Fill the skins with the mixture, sprinkle with breadcrumbs and butter and bake quickly.

A very little curry powder can be added to this stuffing.

2. *Mushroom and Onion and Tomato Purée*.—Prepare and cook in butter a number of chopped mushrooms.

Cook separately two tablespoons of very finely chopped onion.

Drain both onions and mushrooms. Add to them, in a basin, the chopped egg-plant, a tablespoon of tomato purée (p. 254) and seasoning.

3. Take finely minced cooked chicken or lamb. Mix them with a little beef marrow which has been simmered in stock and onion which has been chopped and cooked, but not coloured, in butter. Add the egg-plant pulp finely minced and seasoning. Bind with the yolks of eggs which have been mixed with stock in which the marrow cooked.

4. Mix the pulp with chopped cooked celery and green pepper. Add finely chopped parsley, seasoning and breadcrumbs. Fill the skins; sprinkle with breadcrumbs, cheese and small pieces of butter.

The proportion of materials used in stuffing egg-plants can be slightly varied. Seasoning is important.

ENDIVES

Cichorium Endivia. Annual and Biennial. Native of the East Indies. Season: All the year.

Fr. *Chicorée*. Ger. *Endivien*. It. *Indivia*. Sp. *Endivia*.

The varieties of endive, all of which are smooth-leaved,

include the curly (*chicorée frisée*) and the broad-leaved Batavia (*escarole*).

The curly varieties, well blanched, are excellent as salads or cooked.

Batavia, well grown, crisp and with a slightly nutty flavour, makes the best of winter salads. It can be cooked like curly endive, but I do not recommend it.

“They are all used in Sallats, familiarly both Summer and Winter, when as being whited they are more tender and delicate, very pleasing to the Stomacke and refreshing to the weake and fainting Spirits.”

—JOHN PARKINSON'S *Theatre of Plants*, 1640.

“Endive is of good nourishment . . . not only cooling, but also encreasing bloud; if it be sodd in white broth till it be tender.”—DR. MUFFET, *Health's Improvement*, 1655.

GENERAL DIRECTIONS FOR COOKING

Cut off the stump, discard the outer leaves and any that are discoloured or tough.

(The whitest and best part of endives can be set aside and used for salad, if you have enough to make a dish of what is left.)

Wash the leaves in several waters and dry them in a cloth. Drain them and put them into salted boiling water and cook them for ten minutes. (This will take out some of the bitterness which sometimes spoils the endive.) Put them on a sieve, pour cold water over them, then drain them, pressing the moisture out with the fingers. Then cook them as directed below.

Add a little sugar in the cooking of all endives, but do so carefully. Too much would make them sweet: a little

brings out their flavour and mitigates their bitterness.

Allow at least one large endive for each person. They boil down most unreasonably.

ENDIVES AU JUS

Take a pound of blanched endives, pour cold water through them, drain them and chop them very finely. Put them into a cloth and squeeze out all the moisture that remains in them.

Put a tablespoonful of white *roux* in a pan. When it is hot add the endives and simmer gently for five minutes, stirring all the time, for endive is apt to stick to the pan.

Pour rather less than half a pint of good veal stock on to the endives, stir well together. Season, adding a very little sugar.

Put a round of greased paper over the pan and then the lid. Cook over very gentle heat for an hour—or what is better, cook just as gently in the oven.

If at the end of this time there is too much liquid for a sauce, pour a little off.

Add two tablespoons of cream to what remains and, immediately before serving, a few small pieces of butter and a little glaze.

PUREE OF ENDIVES

A simpler way of preparing endives, not so good as *au jus*, but very pleasant, is to chop the blanched leaves and put them into a pan with a very little water and a pinch of sugar. Cook them gently for an hour. Drain them on a sieve, pressing all moisture out of them.

Melt a little butter in a pan. Add the endives with seasoning, and a pinch of sugar. Simmer for five minutes, stirring all the time. Add a little cream.

ENDIVES A LA POULETTE

Prepare and blanch the endives as directed. Chop them very finely and cook them in salted water for about an hour.

Take them out of the pan. Drain off the water and pour cold water through them. Drain them again.

Put the endives back into the rinsed pan with a little white *roux* and seasoning and a pinch of sugar.

To a pound of endive, add the yolks of two eggs mixed with a little cream and strained. Take the endives off the fire before you add the yolks. Stand the pan in a *bain-marie* and cook until the purée has thickened (see p. 25). Serve at once, having assured yourself that the seasoning is perfect.

FENNEL

Umbelliferae. Perennial. Native of Europe.

Fr. *Fenouil*. Ger. *Fenchel*. It. *Finocchio*. Sp. *Hinojo*.

There are four kinds of fennel.

1. COMMON, WILD OR BITTER FENNEL

Fennel is of very ancient use, and is mentioned about A.D. 1000.

“The Vertuous Fenel,” GOWER, 1393.

This fennel with its feathery leaves is used in sauces or as a garnish. The poor people of the Middle Ages ate it to relieve the pangs of hunger, and to make unsavoury food palatable. It was also cooked as a vegetable.

John Parkinson, in his *Theatre of Plants*, 1640, mentions both the common and sweet Fennel and advises the use of the common variety “for it is stronger and more operative. The wilde is stronger and hotter than the tame, the leaves

being boyled in water, but much more the seede, stayeth the hickocke."

"Take young Fennel about a span long, in the spring, tye it up in branches as you do Sparragrass; when your Skillet boyls, put in enough to make a dish; when it is boyled and drained, dish it up as you do Sparragrass, pour on Butter and Vinegar and send it up."

WILLIAM RABISHA, *The Whole Body of Cookery Dissected*, 1675.

2. SWEET FENNEL

Season: October to May.

"Sweete Fennel—so called because the seedes thereof are in taste sweet like unto Annise Seedes."

—GERARD'S, *Herball*, 1597.

According to Gerard the "seed if drunk, asswageth the wambling of the Stomacke."

"For to make one Slender. Take Fennell, and seethe it in water, a very good quantitie, and wring out the juice thereof when it is sod, and drinke it first and last and it shall swage either him or her."

—T. DAWSON. *The Good Housewife's Jewell*, 1585.

"Fennell both leaves and seedes or rootes are much and often used in drinkes or brothes for those that are growen fat to abate their unwieldinesse and make them more gaunt and lanke."—JOHN PARKINSON, *The Theatre of Plants*, 1640.

"The peeled stalks of sweet fennel eaten as a salad are conducive to sleep.

"It sharpens the sight and recreates the Brain."

—JOHN EVELYN, *Acetaria*, 1699.

3. LONG SWEET FENNEL

Foeniculum officinale. Biennial. Native of Southern Europe. Season : Spring.

Fr. *Fenouil doux*. It. *Carosella*.

Of this plant Mr. Robinson writes (*The Vegetable Garden*) :
 “ This is the famous *Carosella*, so extensively used in Naples, and scarcely known in any other place ; the plant is used while in the act of running to bloom ; the stems, fresh and tender, are broken and served up raw, still enclosed in the expanded leaf-stalks. They are esteemed a great delicacy.”

4. FLORENCE FENNEL—FINOCCHIO

Season : September—November.

This plant is a native of Italy, where there are both summer and autumn crops. It has a curious sweetish flavour for which it is easy to acquire a taste.

GENERAL DIRECTIONS

Cut off the spikes and discard the harder leaves. Lay the heads in salt water for half an hour.

Then put them into salted boiling water and cook them till tender. Drain them. Break them up.

Butter a fireproof dish. Lay some of the leaves in it. Sprinkle them with melted butter, seasoning and a little cheese. Repeat the layers, ending with one of cheese and butter.

Finish in the oven ;

Or : Cook them, after blanching, *au gratin* with a white sauce and cheese.

Or : Serve them, plain boiled, with tomato sauce.

GARLIC

Allium sativum. Perennial. Native of Southern Europe. Season: Summer (but it can be kept through the winter if hung up in a dry place).

Fr. *Ail.* Ger. *Knoblauch.* It. *Aglio.* Sp. *Ajo.*

The use of garlic goes back to the beginnings of cookery. It was mentioned in English books *circa* 1000 A.D. In the fifteenth century it was considered "good with Roost beeff."

"To take away Freckles. Ashes of Garlicke applyed with Honey."—LEONARD SOWERBY, *Ladies Dispensatory*, 1652.

"In cholerick men it will add fuel to the fire; in men oppressed by melancholy, it will attenuate the humour and send up strong fancies, and as many strange visions to the head: therefore let it be taken inwardly with great moderation."—CULPEPER'S *Herbal*, 1652.

"It is very dangerous to young children, fine women and hot young men; unless the heady hot and biting quality thereof be extinguished—by being boiled in many waters or stickt like lard in fat meat."

—DR. THOMAS MUFFET, *Health's Improvement*, 1655.

Various healing properties are attributed to garlic. The juice of it taken in milk is good for asthma, and the French consider it tonic, digestive and antiseptic.

"Take a head of Garlick and peal it, bruis it, and put it into a quarter of a pound of butter, and boyl them together well, and when cold spread it upon Flannill and lay it on the soles of the feet. For a Fever and Vapours approv'd."

—MRS. ANNE BLENCOWE'S *Receipt Book*, 1694.

“To be sure, tis not for Ladies Palats, nor those who court them, farther than to permit a light touch on the Dish with a Clove thereof, much better supply’d by the gentler Roccombo.”—JOHN EVELYN, *Acetaria*, 1699.

The majority of English people hold garlic in horror, and there certainly are good reasons for banishing it from any fastidious table. At the same time the slightest flavour of it is excellent with egg-plant—almost essential—and a very little of it is good with stuffed tomatoes and with mutton.

Since garlic grown in the South is less strong in flavour and smell than that grown in the North, it is well to know where to get the milder variety. Madame Pampille in her book *Les Bons Plats de France* recommends buying it from Chabaz, rue du Vieux-Sextier, Avignon.

The most famous use of garlic is in the Provençal sauce Aïoli. It is not likely to appeal to English taste.

HOPS

Humulus Lupulus. Perennial. Native of Europe. Season : Spring.

Fr. *Houblon*. Ger. *Hopfen*. It. *Luppolo*. Sp. *Lupulo*.

The first hop-garden mentioned in history was King Pepin’s, Charlemagne’s father, 768 A.D. There were others in Germany in the fourteenth century : but English beer was not “favoured” until the sixteenth, when hops were freshly introduced to this country.

“The hop for his profit, I thus doo exalt,
It strengtheneth drinke, and it favoereth malt,
And being well brewed, long kept it will last :
And drawing abide, if ye drawe not too fast.”

—TUSSEY, *Five Hundreth Points of Good Husbandry*, 1573.

“I can find no mention of hoppes in any olde autor, saving only in Pliny. But he doth not describe it.”

—COLES, *The Art of Simpling*, 1656.

“The use of them is in the spring time most accomodate for every age and constitution, especially for the cholericke and melancholicke.”

—VENNER'S *Via Recta ad Vitam Longam*, 1620.

“Hop-shoots are of the same nature with Asparagus, nourishing not a little . . . though rather cleansing and scouring of their own nature.”

—DR. THOMAS MUFFET, *Health's Improvement*, 1655.

Dried hops, crushed and heated, give relief if applied in neuralgia, or to burns and abscesses.

A pillow filled with dried hops is said to be an aid to sleep. See Hop Tea (p. 325).

“They form a tough and bitter dish of vegetables ; and the relish with which they are eaten arises, no doubt, from their supplying to the constitution the elements of which it stood in need.”—DELAMER'S *Kitchen Garden*, 1855.

TO COOK HOPS

The shoots that are pinched off the plant when it first begins to grow are much esteemed in Belgium as a vegetable.

Wash them in several waters. Tie them up in small bunches and put them in boiling water to which you have added a teaspoon of lemon juice. Cook them until they are tender. Drain them and mix with them a little butter, cream and seasoning. Just before serving sprinkle them with lemon juice—but a little only.

Or: blanch the shoots in salted boiling water for ten

minutes. Drain them thoroughly on a sieve. Heat a little butter in a pan, put in the hop shoots and simmer them gently for a few minutes. Then add stock, seasoning and a small lump of sugar. Cook till tender.

HORSERADISH

Cochlearia Armoracia. Perennial. Native of Europe.
Season: All the year.

Fr. *Raifort*. Ger. *Meerrettig*. It. *Rafano*. Sp. *Taramago*.

“If bruised and laid to the part grieved with sciatica, gout, joynt-ache, or the hard swellings of the spleen and liver, it doth wonderfully help them all.”

—GERARD'S *Herball*, 1597.

The French still consider that a poultice of horseradish is good for sciatica, rheumatism and neuralgia.

Horseradish is also considered good for the breath and strengthening for the gums, if chewed.

“Take Horseradish whilst newly drawn out of the Earth, otherwise laid to steep in Water a competent time; then grate it . . . into a Dish of Earthenware: this temper'd with vinegar, in which a little Sugar has been dissolv'd, you have a Sauce supplying Mustard to the Sallet, and serving likewise for any Dish besides.”

—GERVASE MARKHAM, *Country Contentments*, 1615.

Horseradish was often used during the sixteenth, seventeenth and eighteenth centuries with vegetables which were to be preserved for winter use in vinegar. Americans still add it to their pickles, and very wisely.

(See Sauces, pp. 32-40.)

LAVER (or, in IRELAND, SLOKE)

Season : October—March.

Laver is bought ready prepared. It must be served very hot and should be sent to the table in a chafing dish with a spirit lamp burning under it.

It must be washed in several waters and can then be prepared like spinach. Both stock and butter should be added to it.

It can also be served with an Espagnole sauce (p 34).

LEEKs

Allium porrum. Biennial. Said to be a native of Switzerland. Season : All the year.

Fr. *Poireau*. Ger. *Lauch*. It. *Porro*. Sp. *Puerro*.

“He ever sate uppermost at Apollo’s feast that brought thither the greatest headed Leek.”

—DR. MUFFET, *Health’s Improvement*, 1655.

“They produce terrific dreams—unless the lettuce or the poppy, or the like are eaten first to temperate them, such is their tendency.”

—THE PHYSICIANS OF MYDDVAI (thirteenth century).

“Eat Leeks in Lide (March) and ramsons (wild garlic) in May,
Then all the year after physicians can play.”

“The Leeke is hot and dry and doth attenuate.”

—GERARD’S *Herball*, 1597.

“ If they be first sodden in milke, and then used with meat, they are unclothed of all bad qualities and become friendly to the stomach, and nourishing to the liver.”

—DR. MUFFET, *Health's Improvement*, 1655.

“ They are also friendly to the lungs and stomach being sod in Milk ; a few therefore of the slender and green Summities, a little shred, are not amiss in Composition.”

—JOHN EVELYN, *Acetaria*, 1699.

“ For a quinsey make a very strong decoction of leeks and inhale it.—JOHN WESLEY, *Primitive Physic*, 1763.

GENERAL DIRECTIONS

The leek, if young, is very delicate and milder than the onion. If cooked plain, boiled in water they are not very attractive ; but they can be made so.

Choose small leeks and cut off the green parts. Wash and trim them. Blanch them in boiling water for five minutes. Take them out and drain them on a sieve, pressing out all moisture with the fingers. Then proceed to cook them in one of the following ways.

LEEKS BOILED WITH MILK

Having prepared and blanched the leeks, lay them in a saucepan and cover them with milk. Put the lid on. Add a little salt and a teaspoonful of butter. Cook them for about twenty minutes, or till tender.

Take the leeks out of the pan and put them on a sieve. Press out the liquid they contain.

Strain the milk into a small saucepan. Thicken it with *roux* (p. 29). Season the sauce, add a few tiny pieces of butter, whisk well together and pour over the leeks.

LEEKS BOILED IN STOCK

Proceed as in the above receipt, using stock and a small bouquet instead of milk.

Thicken the stock, season it and add a tablespoon of cream and small pieces of butter. Whisk the sauce well before pouring over the leeks.

LEEK PUREE

Cook the white part of the leeks as directed for boiling. When they are tender, take them out of the water and press all the moisture out of them. Chop them finely and put them through a sieve. Add to them a little white sauce and a teaspoonful of meat glaze or a tablespoon of good clear gravy. Simmer gently until the purée is of the right consistency (p. 25). Season and add a couple of tablespoons of cream.

Two yolks of eggs can also be added with the cream (30). The mixture should be strained and added. The purée must not be allowed to boil again.

LEEKS A LA POULETTE

Cook the white parts of leeks as directed in water or milk. Take them out and drain them thoroughly. Chop them finely. Mix a teaspoonful of flour with a little very good stock—about a wineglassful to a pint of chopped leek—and add it. Stir well and add a dessertspoon of butter. Simmer for ten minutes.

Mix a gill of cream with the yolk of an egg. Strain them. Add them to the leeks. Season and serve very quickly.

LEEKS AU GRATIN

Blanch the white part of leeks for ten minutes. Take them out of the water and drain them thoroughly. Cut them up into two inch lengths.

Heat a little clarified butter in a pan. When it has turned a light brown, add the leeks and cook them gently in it.

Use this butter, a little milk and some good clear gravy to make a sauce. Season it well. Mix it with the leeks and pour them into a fireproof dish. Sprinkle with freshly grated parmesan or gruyère and brown in the oven.

Or : Mix the leeks with a Mornay sauce and, putting them in a fireproof dish, brown them in the oven.

LENTILS

Ervum Lens. Annual. Native of Southern Europe.

Fr. *Lentille.* Ger. *Linse.* It. *Lente.* Sp. *Lentija.*

“Diogenes commended them above all meats to his Scholars, because they have a peculiar vertue to quicken wit.”

—DR. MUFFET'S *Health's Improvement*, 1655.

“Let us (for shame) not discontinue any longer this wholesome nourishment, but rather strive to find out some preparation, whereby they may be restored to their former or greater goodness.”—*Ibid.*

GENERAL DIRECTIONS

The light coloured lentils are considered the best in France. Pick them over carefully and wash them well.

Put the lentils into cold water for ten minutes to half an hour. Drain off the water and replace it by freshly boiling water. Add herbs and a ham bone and cook for between two and three hours.

Lentils may be cooked *au gratin* or as a purée, according to the receipts given for haricot beans.

LENTILS CURRIED

Cook half a pint of lentils for an hour and a half. Drain them.

Slice finely three medium sized onions. Fry them in fat. Add the lentils, and cover them with stock.

Add a dessertspoonful of curry powder, a little sugar, a small bouquet and simmer for another hour or till tender, with the lid on.

LENTILS A LA BOURGUIGNONNE

Cook the beans with a slice of ham and an onion. When the beans are tender, remove these.

To a pint of beans add half a glass of good red wine and a little butter and seasoning and a bouquet. Simmer for half an hour. Remove the bouquet and serve.

LETTUCE

Lactuca Sativa. Annual. Native of India or Central Asia. Season: All the year.

Fr. *Laitue.* Ger. *Lattich.* It. *Lattuga.* Sp. *Lechuga.*

In June: "Drink milk warm and eat lettuce."

—PHYSICIANS OF MYDDVAI (thirteenth century).

The Romans believed in the power of the lettuce to induce sleep, and its properties have always been considered very kindly and beneficial in England. Turner in his *Herbal* (1562), however, warns his readers "That much use of lettes hurteth the eyesight,"

“Because lettuces are owned by the Moon they cool and moisten what heat and dryness Mars causeth. . . . The juyce of Lettuce mixed or boyled with Oyl of Roses, and applyed to the forehead and temples, procureth sleep and easeth the Head-ache proceeding of an hot cause.”

—CULPEPER, *Herbal*, 1653.

“So harmless is it that it may safely be eaten raw in fevers ; it allays heat, bridles choler, extinguishes thirst, excites appetite, kindly nourishes, and, above all, represses vapours, conciliates sleep, and mitigates pain, besides the effect it has on the morals—temperance and chastity.”

—EVELYN, *Acetaria*, 1597.

“A dish of Lettice and a clear Fountain can cool all my Heat.”—Jeremy Taylor, 1651.

GENERAL DIRECTIONS

Remove all the coarse and discoloured outer leaves. Cut off most of the stump.

Wash the lettuces very carefully, holding the leaves gently apart, so that you can pour cold water between them.

BRAISED LETTUCES

Take a number of well-grown long lettuces (*romaine*). Having prepared them carefully, blanch them for eight minutes in boiling water. Remove them from the pan, pour cold water over them, put them on a sieve and, with the fingers, gently press out all moisture.

Sprinkle a little seasoning between the leaves. Bend over the tops, a third of the whole length, and tie the lettuces up.

Line a pan just large enough to hold the lettuces with bacon rinds (p. 17). Over them put sliced carrots and onions. Then the lettuces,

Cook them over a fairly strong heat for three or four minutes, then cover them with hot stock. Bring it to the boil.

Cover the pan with a piece of buttered paper and the lid.

Cook very gently in the oven or over it for at least an hour. Baste them from time to time.

Take out the lettuces. Put them on a sieve and press out the liquid they contain. Remove the string. Keep them where they will be hot while you take the grease off the stock and reduce it by quick boiling, add a little butter and seasoning and pour it over the lettuces and serve.

LETTUCES BRAISED IN BUTTER

Prepare the lettuces, blanch them for eight minutes, pour cold water over them and then drain them on a sieve, pressing out all moisture with the fingers.

Put a big tablespoonful of butter in a pan. When it is hot add a little sliced carrot, onion and celery, and one or two chopped mushrooms. Brown them lightly.

Lay in the lettuces and cover them with a very good brown veal stock or chicken stock. Cover the pot with a piece of buttered paper and the lid. Cook gently for an hour either in or on the oven.

Take out the lettuces and put them where they will keep hot.

Reduce the strained stock. Season it and pour it over the lettuces.

CHOPPED CREAMED LETTUCE

Prepare and blanch the lettuces as directed above.

Cook them in a little stock until they are tender; take them out, drain and chop them finely.

Reduce the stock by quick boiling, thicken it with a little *roux* (p. 29). Just before pouring it over the chopped

lettuces, season it and add a tablespoonful of cream and a few tiny pieces of butter. Whisk well together.

LETTUCES WITH PEAS

Prepare and blanch four round plump lettuces as directed for braised lettuces. Cut them in quarters and drain them. Cook them in stock and a tablespoonful of butter with two small onions till tender. Discard the onions and drain the lettuces.

Cook a cupful of tender young green peas, toss them in butter. Add a little cream to them. Season them and pour them over the lettuces.

PUREE OF LETTUCE

Six plump lettuces. Half a pint of very thick cream. Three yolks of eggs. Three ozs. of the very best butter. Salt, nutmeg and sugar.

Put a handful of salt into two gallons of water. When it boils throw in the lettuces which you have carefully picked over and washed. Simmer for half an hour.

Strain off the water from the lettuces and pour cold water through them. (This will carry off any bitterness.) Press out the water and chop them very finely on a wooden board.

Put the butter in a saucepan and when it begins to froth, throw in the lettuces. Season and add a little nutmeg and sugar. Pour in the cream. Cook the purée for another five minutes and then stir in the yolks mixed with a very little milk and strained. Heat up and serve at once.

Be sure not to prepare the lettuces before they are needed, otherwise they will lose in quality.

—AUG. JAILLET, *Chef de Cuisine*, Hotel Hermitage, Nice.

This is the most delicious purée ever devised. The expense can be decreased by using less cream and two yolks only.

STUFFED LETTUCES

Blanch big round lettuces as directed for braised lettuces. Pour cold water over them. From the top gouge out part of each heart. Chop it finely and add it to minced chicken, and mushrooms that have been cooked in butter. Bind with a little rich white sauce and season well. Fill the lettuces with the mixture.

Tie up the lettuces and braise them with butter and stock. (See Lettuce Braised with Butter.) They will take about three-quarters of an hour's gentle cooking.

Reduce the stock, add cream to it and serve with the stuffed lettuces.

MERCURY (GOOD KING HENRY)

Chenopodium Bonus Henricus. Perennial. Native of Europe. Season: April till the end of June.

Fr. *Anserine*. Ger. *Gemeiner Gänsefuss*. It. *Il bono Enrico*.

"Be thou sick or whole, put Mercury in thy Coole."

—An old proverb quoted in the sixteenth century.

"It is preferred to spinach and is much superior in firmness and flavour."—CULPEPER'S *Herbal*, 1653.

GENERAL DIRECTIONS

Good King Henry is a vegetable which might well be more often grown and not only on account of its delightful name. It is very hardy and requires but little attention. Its leaves are eaten like spinach.

Mr. Robinson (*The Vegetable Garden*) says that the shoots of this vegetable can be blanched by earthing up and eaten like asparagus. The Lincolnshire farmers grow it extensively and "it yields an abundant supply of delicious shoots a fortnight before asparagus comes in, and for some weeks afterwards." These shoots should be almost as big as the little finger and should be cut under the ground.

Either cook the mercury leaves as you would spinach or use the shoots tied up in bundles and cook and serve as if it were asparagus. The skin is rather thick and must be peeled off.

MUSHROOMS AND EDIBLE FUNGI

Visitors from abroad are surprised that we make so little use of the edible fungi which grow in England. Everywhere throughout France in the country, large coloured charts are displayed showing the forms of the various fungi, so that children from earliest youth are aware of what may be picked and what must be left alone.

Among the many varieties some two hundred are edible, in the sense that a starving man might keep himself alive on them. Of these a small number may be eaten with pleasure.

An admirable little book by Mr. Grieve, *Fungi in Food and Medicine*, gives the fullest information concerning edible fungi. He says :—

"Good fungi have usually a pleasant mushroomy odour, some have a smell of new meal, others a faint anise-like scent, or no particular odour at all. Evil-smelling fungi are always to be regarded with distrust. It is a suspicious sign of dangerous qualities if a fungus on being cut or bruised quickly turns deep blue or greenish, also if it is noticed that a small piece broken from a freshly gathered fungus when

tasted leaves instead of an agreeable, nutty flavour, a sharp tingling on the tongue, or is in any way bitter. All such should be avoided. It is as well, also, not to eat any fungi which contain a milky juice, which exudes freely on being cut, without carefully identifying the species first, as some of these belonging to the genus *Lactarius*, are dangerous, though one of them, distinguished by a reddish juice, ranks as one of the best."

Here are descriptions of a few of the less known, but most pleasing edible fungi. All are to be found in England. I am again indebted to Mr. Grieve for much information :

AMANITOPSIS VAGINATA

Mouse grey, thin cap and hollow stem. Common in grass in woods.

CHANTERELLE (CANTHARELLUS)

The chanterelle has blunt fold-like gills of a yellow buff colour, and an agreeable smell. It grows plentifully in the New Forest and is much used in France.

It should be cooked slowly in butter. It is a useful kind for drying.

ST. GEORGE'S MUSHROOM (TRUCHOLOMA)

Season : April 23rd to the end of May.

The cup of this mushroom often measures six inches across. It is thick and fleshy, cracknel-coloured in the centre, turning to white at the edges. The gills are yellow-white. A pleasant smell like new meal.

St. George's mushrooms grow in rings, or sections of rings, on hilly pasture-land,

HORSE MUSHROOMS (PSALLIOTA)

This mushroom has dirty-white gills—never pink ones, and a double ring on the stem. It is good cooked as you would mushrooms if it has not been riddled with larvæ, as it often is when old. It should be picked when nearing maturity, or left alone.

MORELS (MORCHELLUS)

Season : May.

This is the highly esteemed French *morille*. The morel is the safest and the most delicious of all mushrooms. It grew at one time in the fields round London and was greatly liked for flavouring dishes. Now it is practically unknown in England. It can be bought dried at Covent Garden.

THE COMMON FIELD MUSHROOM

Agaricus campestris. Season : Out of doors—autumn. Forced, all the year.

Fr. *Champignon*. Ger. *Schwamm*. It. *Fungo pratajolo*. Sp. *Seta*.

This mushroom is at its best when small and freshly picked in its own season—September. It is forced throughout the year, and though lacking a little in flavour can be excellent if well cooked. Care must be taken to have your mushrooms, field or forced, quite fresh. They are then harmless ; but old, blackened and ragged, as one so often sees them displayed by the less fastidious greengrocers, they are not only worthless but unhealthy.

Morning-picked forced mushrooms which come by aeroplane from France can be bought from Charline of Paris, 21, Golden Square. I know none that are better. When supplies can be got *direct* from English growers, they are

excellent; but in respect of mushrooms, only the best green-grocers are to be trusted.

“Most of them [mushrooms] do suffocate and strangle the eater.”—GERARD’S *Herball*, 1597.

“Many Phantasticall people doe greatly delight to eat of the earthly excrescences called Mushrooms. . . . They are convenient for no season, age or temperament.”

—VENNER’S *Via Recta ad Vitam Longam*, 1620.

“If the palate must be indulged in these treacherous gratifications or, as Seneca calls them, this voluptuous poison, it is necessary that those who are employed in collecting them should be extremely cautious.”

—JOHN FARLEY, *The London Art of Cookery*, 1784.

MUSHROOM TART

“Sheet a Paty-pan with fine Paste, and put in Champignons, cut in pieces. Season with Sweet Herbs, Ciboules, Salt, Nutmeg, Flower fried, and Butter, cover them up with the same paste, and enclose it. When it is baked put in some juice of Lemons in serving it away.”

—Seventeenth century receipt.

“[Mushrooms] minced very small, with melted Lard or Butter, season it with Pepper, Salt, and Nutmeg, cover it up, and bake it with a soft Fire under it, and a pretty quick Fire over it, and when it is baked put in some Gravy of Mutton, if it be made with Lard, and the juice of a Lemon, and so serve it away.”—GILES ROSE, *Le Pâtissier Royal*.

“S’il faut manger des champignons prenez garde qu’ils soient bien apprêtés.”

—ST. FRANCIS DE SALES, *La Vie Dévote*.

GENERAL DIRECTIONS

The fact that a mushroom peels easily is no test of its harmlessness. Nor is there any truth in the superstition that a silver spoon will turn black if laid against a poisonous fungus.

Mushrooms must be eaten fresh, otherwise they are harmful.

Wash them under running water sufficiently long to rid them of sand or dirt. Never let them soak in water.

Peel them and trim off the ragged end of the stalks. If you prefer your mushrooms without stalks keep these to use in stuffings or for flavouring soups and sauces. Never throw them away.

Lemon may be used in cooking mushrooms, and most French receipts recommend it, but I think its acidity goes badly with them.

Always set aside the butter in which mushrooms are sautéed. It is very precious for seasoning sauces.

MUSHROOMS COOKED WITH BUTTER

Heat a little clarified butter in a pan. Lay in the prepared mushrooms and let them cook very gently, turning them once. Season and serve—on toast, if it is freshly made and well seasoned and buttered.

MUSHROOMS SOUS CLOCHES

This is one of the best ways of cooking mushrooms, for the glass covers preserve not only their flavour but their delicious aroma.

Prepare medium-sized mushrooms, leaving the stalks on. Divide the mushrooms into portions. Put them on small fireproof dishes, gill-side upwards. Season them and put

a small piece of butter in each cup. Cover each dish with a little glass bell (*cloche*) and cook in a quick oven for about twenty minutes.

Serve at once with the glass covers on.

A little chopped parsley and a few drops of cream may also be put into the mushroom cups.

CREAMED MUSHROOMS

Prepare a number of small mushrooms and cook them gently in hot clarified butter. Sprinkle them with a very little finely chopped tarragon and chevril. Turn them once.

When they are cooked, add to them a tablespoon of thick cream (to a quarter of a pound of mushrooms) and a spoonful of game gravy. Season and serve at once.

GRILLED MUSHROOMS

Choose large mushrooms and prepare them. Brush each over with melted butter. Sprinkle the cups with seasoning.

Stand them, cup-side upwards, on the grill. Cook them for a few minutes on one side, then turn them and grill them for a rather shorter time on the other.

Serve each mushroom with a teaspoonful of *maître d'hôtel* butter (p. 21) or covered with a slice of marrow which has been cooked in stock.

MUSHROOMS A LA JOEL DE CROZE

Wash a number of mushrooms very quickly. Put them into a thick saucepan and cover them with absolutely fresh cream, adding a pinch of salt. Put them on a quick fire and let them cook until the cream separates and has turned to a sort of butter. Then place the pan where the contents will cook very slowly. Let the mushrooms colour, turning them over from time to time with a wooden spatula.

When the mushrooms are well coloured, the thicker part of

the cream at the bottom of the pan should be coloured too. Pour off the thin liquid and add more fresh cream. Turn the mushrooms over with the spatula, scraping it along the bottom of the pan to loosen the browned cream. (The sauce should be a rich coffee colour.)

This receipt was given to me by M. Marcel Dorin, proprietor of that most excellent restaurant, *La Couronne*, at Rouen.

MUSHROOMS A LA POULETTE

Prepare a number of good-sized mushrooms. Put them whole in a saucepan with a gill of fresh cream, a pinch of salt, half a shallot and two branches of parsley tied together. Cook them *very gently* for half an hour. Take out the parsley and shallot.

Drain off the cream from the mushrooms. When it has cooled a little, add the yolk of an egg and a spoonful of the best butter. Cook this sauce in a *bain-marie* (p. 15), being very careful not to let it boil. Whisk it well and when it has thickened strain it over the mushrooms which should have been kept hot meanwhile.

MOUSSELINE OF MUSHROOMS A LA BERGERAND

Chop a medium sized onion finely. Heat three ounces of the best fresh butter in a pan. Add the onion and cook it for a moment or two, without allowing it to brown.

Prepare two pounds of forced mushrooms and chop them coarsely. Add them to the onion. Cook briskly, stirring gently to avoid the risk of burning.

Add a pint of cream and cook very gently until it has thickened. Season with salt and a touch of cayenne.

Just before serving add about two ounces of butter cut into small pieces.

—M. BERGERAND, Proprietor and *Chef* of the *Hôtel de l'Etoile* at Chablis.

MUSHROOM PUREE

Chop prepared mushrooms. You may put them raw through a sieve after you have chopped them finely ; or they may be cooked in a little milk first.

Put the purée into a saucepan with a little butter. Stir well together for a few moments. Add a little *roux* and, when the mixture has cooked sufficiently, some cream. Season and serve quickly.

Or mix the purée with a little Béchamel sauce.

MUSHROOM SCOLLOPS

Prepare half a pound of mushrooms. Chop them coarsely. Cook them very gently in butter with a teaspoonful of finely chopped shallot or onion.

Strain off the butter from the mushrooms. Add to it rather more than a gill of milk. Thicken it with white *roux*. Season it. Put the mushrooms into this sauce and stir well together. Fill some scallop shells with the mixture, sprinkle them with grated gruyère, breadcrumbs and tiny pieces of butter. Brown in the oven.

(These are excellent if the shells are first lined with a purée of chestnuts.)

MUSHROOMS ON SKEWERS

Take rather large mushrooms and prepare them, leaving sufficient of the stalk to run the skewers through.

Brush them over with melted butter and sprinkle them with seasoning.

Put three or four mushrooms on each silver skewer. Suspend the skewers across a pan and cook them for a few minutes in a fairly quick oven, basting once with a little melted butter. Serve instantly.

MUSHROOM SOUFFLE

Make a purée of mushrooms. Add to it two large chicken livers which have been cooked in butter and put through a sieve. Add, also, a gill (to the half pint of purée) of a good thick sauce made with brown chicken stock. Beat in the yolks of two eggs mixed with a little cream and strained. Season. Just before putting in the oven, cut in three stiffly beaten whites.

MUSHROOMS STUFFED

Prepare the mushrooms, using any stems that you may have set aside. Chop them very finely and cook them, together with a very little onion and some exceedingly finely chopped parsley, in butter. Cook separately a little lean bacon which has been finely chopped. Mix the two together and drain thoroughly. Season. Fill the cups of medium-sized cooked mushrooms with the mixture. Sprinkle them with bread-crumbs, tiny pieces of butter and brown under the grill.

MUSHROOM BARQUETTES A LA KETTNER

Cook a teaspoonful of finely chopped shallots in butter. When they have browned nicely add two ounces of fresh mushrooms cut in small dice. Stir over the fire for two minutes, then add a tablespoonful of brandy and four of thick rich cream. Continue to cook the mixture gently until the cream has been reduced to half its original quantity. Season to taste.

Have ready several boat-shaped pieces of puff pastry (*barquettes*). Fill them with the mixture. Cover with a Mornay sauce (p. 35). Sprinkle with grated parmesan and brown under a salamander.

The receipt for this delicious savoury has been given to me by Mr. Giordani of Kettner's Restaurant.

MUSHROOMS IN VOL-AU-VENT CASES

Cook a number of small mushrooms very gently in a closed pan in milk.

Use the milk to mix with a little good veal stock for a Béchamel sauce (p. 32). Season well and add a little cream.

Mix mushrooms and sauce together and pour into vol-au-vent cases. Heat them in the oven.

The yolk of an egg can be added to this sauce. So can a little finely chopped ham or chopped chickens' livers which have been blanched and gently cooked in butter.

This makes an exceedingly good entrée.

CEPES

The cèpe has its ardent admirers, even among the English, but its real lovers are the people of the Midi who cook it in oil and add garlic to it.

I have often tasted cèpes in the North of France and always found them unpleasant, but I am told that if eaten fresh in the South they are delicious. The best come from the Ardèche.

Cèpes may be bought from foreign purveyors, preserved in oil or dried.

TO COOK CEPES

Cut off the stalks, make several incisions in the cups, and cook them in hot oil or lard for half an hour.

The stalks may be chopped, mixed with finely chopped parsley, garlic and breadcrumbs, and cooked in oil. This mixture, very hot and well drained, should be sprinkled over the cèpes, just before serving them.

Dried cèpes must be soaked in water over night.

If the cèpes are preserved in oil, drain it off carefully.

MORELS

The country of Bresse, just on the border of the French Savoy, is the home of the best *morilles*. May is their month. They can be bought dried in England, and though much of their flavour and perfume has left them, they make a pleasant enough dish.

Morels grow in sandy soil and must be well rinsed, though, like mushrooms, they should never be allowed to soak in water.

If dried, they should be left in water for two or three hours. They are then cooked like fresh morels.

Morels may be cooked in several of the ways recommended for mushrooms. But they are best *à la poulette*.

MORELS A LA POULETTE

Cut off the stalks. Simmer the morels very gently in butter for about fifteen minutes. Add a little delicate veal gravy.

Beat the yolk of an egg lightly with a gill of cream. Put the mixture through a strainer and add it to the morels. Place the saucepan in which they are in a *bain-marie* (p. 15), and stir gently until the sauce thickens. Season, and serve at once.

STUFFED MORELS

Before stuffing the morels, blanch them for a moment or two in boiling water. Drain them thoroughly. Then stuff them as you would mushrooms.

MORELS A LA JOEL CROZE

See Mushrooms cooked in this way.

TRUFFLES

There is an absurd superstition that the status of a dish may be raised by including small pieces of black, leather-tough and tasteless truffle. No one should be taken in by it. Fresh truffles are worthy of all the lyrical praise which the French have so lavishly given them. Preserved, they are, almost always, worthless.

Truffles come into season in November and, if properly cared for, they remain good until March. The best, black outside and mottled within, come from Périgord and these are justly famed. Good truffles also come from the Charente, and those which grow round Bugey are full of flavour—but they do not keep. A poor variety is to be found on our Wiltshire Downs.

The amateur of truffles should supply himself direct from abroad. Having received the tubers, he must guard them both from extreme heat or extreme cold. They should be packed in earth until they are required.

GENERAL DIRECTIONS

Dip the truffles in water, then take a brush (it must not be too stiff) and scrub them, but gently, picking out any little pieces of earth that may obstinately stick to them. Wash them carefully in cold water.

Truffles are best cooked in white wine in their skins. Sufficient should be used to cover them. Add salt and a little refined fat. Cover the pot and cook for ten minutes. Then take the pot off the fire, leaving the truffles in the wine for ten minutes. Take them out and peel them.

Truffles may also be steamed over wine and they may be cooked in half stock (the best) and half champagne or Madeira.

NASTURTIUMS

Tropæolum minus and majus. Annual. Season: Summer.
Fr. *Capucine.* Ger. *Kapuciner-Kresse.* It. *Nasturzio.* Sp. *Capuchina.*

Nasturtium and Cresses “quicken the torpent spirits, and purge the Brains.”—JOHN EVELYN, *Acetaria*, 1699.

Nasturtium flowers were greatly used in decorating Salads, while their seeds were pickled.

See Pickles p. 339.

THE NETTLE

Fr. *Ortie.* Ger. *Nessel.*

The Romans prized the nettle as food and there is a tradition that they brought a specially esteemed variety of it to England.

The “Roman nettle” (*urtica pilufera*) grows about Romney. It is said that it was cultivated here by the Romans so that they might chafe their limbs with it in our villainous climate. It is particularly venomous in its sting.

“If nettle juice is taken, mixed half and half with barley wort . . . it will renovate and invigorate an aged man in body and mind.”—PHYSICIANS OF MYDDVAI (thirteenth century).

“If it is boiled in white wine and strained carefully through

linen, left to cool, and drank in the morning and night, it will help a man in the jaundice . . .”—*Ibid.*

“Dip the teeth of your comb every morning in the expressed juice of nettles, and comb the hair the wrong way. It will surprisingly quicken its growth.”—*Ibid.*

“The nettle is good medicine for them that cannot breathe unlesse they hold their neckes upright . . . being eaten boiled with perywinkles it makes the bodye soluble.”

—GERARD'S *Herball*, 1597.

“Against the biting of dogs, all sorts of Nettles applied with salt.”

—LEONARD SOWERBY, *The Ladies Dispensatory*, 1652.

“Against the gout of the hands—a poultice of Nettles.”

—*Ibid.*

“For old Age. Take a decoction of Nettles . . . it will probably renew their strength for some years.”

—JOHN WESLEY, *Primitive Physic*, 1763.

“A cure for Sciatica. Boil the nettles till soft. Foment with the liquor, then apply the herb as a poultice. . . . I have known this cure a Sciatica of forty-five years standing.”

—*Ibid.*

“To cure the toothache. Lay bruised or boiled nettles to the cheek. *Tried.*”—*IBID.*

Another old remedy still recommended in French herb-books is the whipping of sciatic or rheumatic patients with nettles. The results are said to be surprising.

GENERAL DIRECTIONS

Only the very young shoots of nettles must be used. (Wear gloves when you pick them and while you pick them over carefully.)

Put them into boiling water and cook them for about ten minutes. Take them out, put them on a sieve and press out all moisture. Their sting having been boiled out, gloves are no longer necessary.

Thicken a little good stock and heat it in a saucepan. Add the nettles. Simmer for about twenty minutes, add a little butter in small pieces and a tablespoon or so of cream. Season.

ONIONS

Allium Cepa. Biennial or perennial. Native of Central or Western Asia. Season: All the year.

Fr. *Oignon.* Ger. *Zwiebel.* It. *Cipolla.* Sp. *Cebolla.*

All civilisations have used the onion in cookery. It is one of the most venerable among vegetables. Here are some of its reputed "phisical" uses:—

To promote the growth of the hair.

"Shave the head clean with a razor, and taking honey with the juice of onions in equal parts, anointing and scrubbing the head well with the same every morning and night, the head should be washed with the distilled water of honey. It is proven."—PHYSICIANS OF MYDDVAI (thirteenth century).

John Wesley also gives this recommendation in his *Primitive Physic*, and it was probably through him that the

Cornish people adopted the cure. Miss Martin records it in her collection of *Cornish Recipes* and tells me that she believes that in remote parts of the county, these strong measures against baldness are still taken.

“Against the bitings of mad dogs. Onions incorporated in rue, salt and honey applied.”

—LEONARD SOWERBY, *Ladies Dispensatory*, 1652

“To purge the brains. Juyce of onions and honey snuffed up the nose.”—*Ibid.*

“Onion juice used with vinegar takes away all blemishes, spots and marks in the skin.”—CULPEPER’S *Herbal*, 1653.

“Raw onions be like raw Garlick and raw Leeks, that is to say of great malignity, hurting both head, eyes and stomach . . . enflaming blood.”

—DR. MUFFET, *Health’s Improvement*, 1655.

But doctors disagree:—

“Vous qui êtes gros, et gras, et lymphatiques, avec l’estomac paresseux, mangez l’oignon cru, c’est pour vous que le bon Dieu l’a fait.”—FROM DR. FERNIE’S *Herbal Simples*.

“Onions to cure chilblains. Apply salt and onions pounded together.”—JOHN WESLEY, *Primitive Physic*, 1763.

A slice of raw onion will relieve the pain of a wasp sting.

Onion juice blended with chicken fat will bring relief if applied to chilblains.

Creoles use onion juice and sugar for coughs and colds and find the remedy infallible.

The onion has many uses. It is digestible, good for the

blood, appetising, and sedative. It is excellent for people suffering from asthma, pneumonia and catarrh. Onions are also considered to be useful in taking away the effects of drunkenness, and in France onion soup has a second name—*Soupe d'Ivrogne*.

A posset of onion taken very hot last thing at night is certainly good for a cold, and Dr. Fernie in his *Herbal Simples* tells us that the Emperor Nero when he had a cold treated himself with onions. Here was his prescription: "Wrap an onion in a cabbage leaf, cook it in the ashes. Crush it to a pulp, put it in a glass of milk or a hot decoction of radishes. Go to bed and keep warm."

PIKKYLL POUR LE MALLARD

"Take oynons, and hewe hem small, and fry hem in fresshe grece, and caste hem into a potte. And fressh broth of Beefe, Wyne, and powder of peper, canel and dropping of the mallard. And lete hem boile togidur awhile: and take hit fro the fyre, and caste thereto mustard a litul, And poudere of ginger, And lete it boyle no more; and salt hit, and serue it forthe with the mallard."

—*A Fifteenth Century Cookery Book* (Harl. MS.).

TO BOILE ONIONS

"Take a good many onions and cut them in foure quarters, set them on the fire in as much water as you think will boyle them tender, and when they be clean skinned put in a good many of small Raisons, half a spooneful of grosse Pepper, a good piece of Sugar and a little Salte, and when the Onions be through boyled, beat the Yolke of an Egge with Vergious, and put into your pot and so serve it upon Soppes. If you will poch Egges and lay upon them."

—*A Book of Cookerie*, 1596.

“Onions sodden in milk, and then eaten sallad wise with sweet oil, vinegar, and sugar are hurtful to no persons nor complexions.”—DR. MUFFET, *Health's Improvement*, 1655.

GENERAL DIRECTIONS

For Spanish onions: Cut off a little from both top and bottom of the onions. Remove the outer brown skin and, with a sharp knife, peel off the inner layer, or sometimes even two layers.

Put the onions in cold water, bring it to the boil and cook them for ten minutes.

Take them out, pour cold water over them and set them again in cold salted water. Cook until they are tender. This will take about one and a half hours.

For little onions for stews, etc. Cut a thin slice off the tops and bottoms of the onions and, without peeling them, put them into boiling water for a moment. Take them out, drain and peel them. Then cook them as directed below.

The Spanish is the mildest of the onions and is the best for boiling, braising and baking: a smaller onion is used for flavouring: button mushrooms for stews need careful selection: the spring onion is delicious but its ways are wicked.

A glass of milk taken after eating onions is said to take their smell from the breath.

ONIONS WITH APPLES

Take rather more apple than onion. Blanch several peeled onions. When they have been well drained cut them in slices.

Core and slice the apples, but do not peel them.

Heat two tablespoons of butter, or good fat, in a pan.

Add the onions and apples and a little sugar. Put the lid on and simmer as gently as possible, until they are tender. This should take about half an hour. Season and serve.

This mixture is pleasant with duck.

BAKED ONIONS

Trim off the root-end of several large onions—let them be of the same size—wipe, but do not peel them.

Put a little butter in a fireproof pan. Set the onions in it and bake them in the oven till tender—for an hour or more.

Take the onions out of the oven and peel them. Set them back in the pan, putting a little butter and seasoning on each. They will be ready to serve in a few minutes and will be all the tenderer for having been cooked in their skins.

LITTLE ONIONS FOR A FRICASSEE OR BLANQUETTE

Prepare very little onions as directed.

Choose a small thick saucepan and, having peeled them, put the onions in it with a tablespoon of butter and a gill of boiling water or stock (the stock of the meat with which they are to be used with). Put on the lid and simmer very gently for at least half an hour.

When they are half-cooked, turn them over, or shake them a little, so that they change places ; but do this carefully.

The onions must not colour.

GLAZED ONIONS

Prepare a number of small onions as directed. Let them all be the same size.

Melt some butter in a pan and when it is hot, add the onions and sprinkle them with a teaspoonful of castor sugar. Cook very gently in a covered pan, shaking them occasionally, for twenty minutes, by which time they should be richly coloured. Add enough stock to cover the onions and cook

them, still with the lid on, until the liquid is reduced to a glaze.

ONION FLAN

This very excellent dish—for onion lovers—comes through Madame Pampille, from Alsace.

“Line a tin with pastry. Fill it as follows:—

Take a bundle of young onions, including the green part. Chop them into small pieces, brown very lightly in butter, salt a little—a very little—and, having taken the pan off the fire, add three eggs and three tablespoons of thick cream (well mixed and strained). Stir well and pour over the pastry. Add a number of strips of mild bacon. Bake in the oven.

—PAMPILLE, *Les Bons Plats de France*. (Arthème Fayard.)

FRIED ONIONS

The art of frying onions lies in the care taken to prevent them from blackening. They should when finished be a rich and pleasing brown.

Peel your onions and slice them. Then cut them into strips. They are more delicate cooked in butter, but good clarified fat will do. Heat two large tablespoons of fat or butter in a pan, and when it is hot add the onions. Stir them almost constantly. Season well and serve very hot.

ONIONS AU GRATIN

Blanch and boil the onions as directed. Drain them thoroughly and slice them. Mix them with a good Béchamel sauce made with vegetables (p. 32).

Fill a fireproof dish with the mixture. Sprinkle it with fine breadcrumbs, a little freshly grated gruyère and tiny pieces of butter. Brown in the oven.

PUREE OF ONIONS

Prepare a dozen large onions. Slice them across. Put them in a pan with a little butter, pepper, salt, a handful of rice and sufficient white stock to cover them. Cover the pot with a piece of buttered paper. Start with a quick fire—then reduce the heat and simmer for an hour, closely covered. When the onions are tender, put them through a sieve, pressing them down with two wooden spoons. Put the purée back into a pan and reduce it to the desired consistency, stirring well. At the last moment add a tablespoon of good white sauce and a little butter.

If the purée is to be used for masking cutlets, etc., add the yolks of one or two eggs and do not let it boil again.

—M. ALFRED SUZANNE, 300 *Manières d'Accommoder les Legumes* (Albin Michel).

SOUFFLE OF ONIONS

Prepare and blanch some onions. Take them out of this first water and drain them well. Slice them and cook them till tender with a little sliced turnip, carrot and celery. When all are tender, drain thoroughly and put through a sieve.

To half a pint of purée add rather less of good white sauce. Stir in the yolks of two eggs and, when the mixture is cool, slice in the stiffly beaten whites (see p. 27). Bake in the oven for about twenty-five minutes.

TO STEW ONIONS (1)

Scald and peel a dozen middle-sized, or two or three Spanish onions. If old and acrid, parboil them, and stew them very slowly for nearly an hour in good veal or beef broth, with white pepper and salt; thicken a white sauce with a little butter kneaded in flour, and, dishing the onions in a

small hash-dish, pour it over them. A little mushroom catsup may be added, and they may be browned.

—MEG DOD'S *Cookery Book*, 1854.

STEWED ONIONS (2)

Blanch the peeled and sliced onions for five minutes in boiling water. Strain off the water and let them drain thoroughly.

Put the onions back in a pan with a little butter and a wine-glass of good stock slightly thickened. (A few capers might be added.)

Simmer till tender. Season well and serve very hot.

Those who like the flavour of green peppers may add them to this dish. The stems and seeds must be removed and the peppers sliced. Mix four small peppers with half a dozen medium-sized onions.

ONION STRAWS

Prepare and peel the onions. Cut them in slices about a quarter of an inch thick, and then in strips as for a julienne.

Dip the strips in milk and then sprinkle them with flour. Lay them on a sieve and shake off any excess of flour, and put them in a basket and fry them in hot fat or oil. Do your best to keep the strips separate. When finished they should be brown, crisp and excellent. Season and serve at once.

STUFFED ONIONS

Choose good sized Spanish onions. Peel and blanch them in boiling water for ten minutes. Take them out, drain them and scoop out as much as possible from the centre, leaving, however, a firm shell of onion to be stuffed.

Chop the onion you have removed and colour it lightly in hot butter, adding some chopped mushrooms and, to six onions, two tablespoons of fine breadcrumbs that have been

soaked in stock and then squeezed out. Bind with a good brown sauce. Season well, using a little cayenne.

Fill the onions with the mixture and braise them for two hours (see p. 17), or cook them in a closely covered pot in which you have put a little good brown stock. (The pot must be watched in order that more stock may be added if the original quantity dries up.)

Serve the onions with the stock from which you have removed all fat. Or with tomato sauce (p. 36).

Stuffed onions may also be baked in the oven. Put them in a deep pan with a little stock and cover it with greased paper and the lid. They will take about two hours.

Other stuffings may be used made of the onion itself, finely chopped cooked veal or chicken, breadcrumbs, chopped mushrooms that have been cooked in butter, all bound with a good sauce. A little ham or tongue can be added.

Sausages are occasionally used for stuffing onions, but they make a rather coarse dish.

Onions may also be stuffed with chopped green peppers. Use a dessertspoonful to each, mixed with the onion, breadcrumbs and good seasoning.

Stuffed onions when cooked in stock or braised, can be finished by sprinkling them with breadcrumbs, grated cheese and tiny pieces of butter and browning them under the grill.

Rather high seasoning is advisable for the stuffing, whatever it is.

ORACHE (SUMMER SPINACH)

Atriplex hortensis. Annual. Native of Tartary. Season : Summer.

Fr. *Arroche*. Ger. *Gartenmelde*. It. *Atreplice*. Sp. *Armuelle*.

This little-grown plant (often mentioned in the old Herbals)

has broad light-coloured leaves. It is very productive and stands heat well—though it runs to seed rather quickly. Vilmorin recommends the *Blonde à feuille cloquée*. Orache can be used instead of spinach, or it can be mixed with sorrel to take from its bitterness.

It should be cooked in the same way as spinach.

EDIBLE ROOTED PARSLEY

Apium Petroselinum. Native of Sardinia. Biennial. Season : September.

This parsley has a flavour somewhat resembling celeriac. Its cultivation is of fairly recent date, but it is mentioned in an eighteenth century cookery book as an esculent root, "and is eat as carrots."

PARSNIPS

Pastinaca sativa. Biennial. Native of Europe. Season : November till the middle of February.

Fr. *Panais*. Ger. *Pastinake*. It. *Pastinaca*. Sp. *Chirivia*.

The parsnip has a long but not very distinguished history in England. In earlier centuries it was chiefly used for making parsnip beer or wine. The French despise it and, on the whole, they are right; but if young and carefully cooked, it can be pleasing enough for a change.

The roots should be left in the earth until they are required; when they are taken into the house, they should be covered with sand. They are better for a touch of frost.

“And the roote of the Parsenep hanged on the necke, doth helpe the swelling of the throte: and no venemous worme shall harme the person which beareth the roote about him.”

—THOMAS HYLL, *The Gardener's Labyrinth*, 1577.

Parsnips are not good for rheumatic or gouty cases.

TO DRESS PARSNIPS

“Scrape well three or four large roots, cleansing well their outside, and cutting off as much of the little end as is Fibrous, and of the great end as is Hard. Put them into a possnet or pot, with about a quart of Milk upon them, or as much as will cover them in boiling, which do moderately till you find they are tender. This may be in an hour and a half, sooner or later, as the roots are of a good kind. Then take them out, and scrape all the outside into a pulpe, like the pulpe of roasted apples which put in a dish upon a chafing dish of Coals, with a little of the Milk you boiled them in, put to them; not so much as to drown them, but only to imbibe them: and then with stewing, the pulpe will imbibe all that milk. When you see it is drunk in, put to the Pulpe a little more of the same Milk, and stew that, till it be drunk in. Continue doing this till it hath drunk in a good quantity of the Milk, and is well swelled with it, and will take no more, which may be in a good half hour. Eat them so, without Sugar or Butter, for they will have a natural sweetness, that is beyond Sugar, and will be Unctuous, so as not to need Butter.”

—*The Closet of Sir Kenelm Digbie opened.*

Sir Kenelm adds that parsnips cut “into little pieces is the best food for tame Rabets, and makes them sweet.”

PARSNIPS

“Take the large Roots, boil them, and strip the skin. Then slit them long-ways into pretty thin Slices; Flower and fry them in fresh Butter till they look brownd. The sauce is other sweet Butter melted.

“There is made a Mash or Pomate of this Root, being boiled very tender with a little fresh Cream, and being heated again, put to it some Butter, a little Sugar and Juice of Limon, dish it upon Sippets.”

—JOHN EVELYN, *Acetaria*, 1690.

GENERAL DIRECTIONS

Only young parsnips are worth eating. These should be washed, brushed and scraped. (If old ones have to be used, peel them.) After they are prepared, throw them into cold water for half an hour.

Parsnips will take from forty-five minutes to an hour and a half to cook. One pound is sufficient for four persons.

PARSNIP CROQUETTES

Boil the parsnips and drain them well. Put them through a sieve while hot and then put them into a saucepan in which you have heated some butter. Simmer for a few minutes and season well, using freshly ground white pepper.

When the purée is sufficiently thick (p. 45), take it off the fire and pour it into a dish to cool. Then mix the yolk of an egg with it (one yolk to every half-pint of purée). Form it into little balls, the smaller the better, and roll them on a floured board. Fry in very hot fat or lard.

A little chopped parsley may be added to the purée.

PARSNIPS FRIED

Boil the parsnips until they are tender. Take them out

and drain them thoroughly. Cut them in slices, sprinkle them with seasoning, roll them in flour and fry them in hot fat.

GLAZED PARSNIPS

See glazed onions (p. 192). Use very young parsnips.

MASHED PARSNIPS

Cook the parsnips and while they are hot put them through a sieve or vegetable presser. Put the purée back into a saucepan with a little good white sauce. Mix thoroughly and simmer until you have the right consistency, stirring all the time (p. 45). Just before serving add a few tiny pieces of butter and seasoning. Be sure that the pepper used is freshly ground.

SAUTED PARSNIPS

Cook the parsnips as directed. Cut them in slices.

Put a tablespoon of clarified butter in a wide pan. Lay in the slices and cook them till they are lightly coloured, turning or tossing them once. Drain away any excess of butter, add salt, freshly-ground white pepper and a little finely chopped parsley. Serve at once—very hot.

PARSNIP WINE

Clean and cut nine pounds of parsnips into slices, and boil them until soft in five gallons of water. Strain and press out the liquor and to each gallon allow three pounds of loaf sugar. Boil for three-quarters of an hour, then cool. When lukewarm add a piece of toast spread with yeast. Leave it in a tub with a cover over it for ten days, stirring daily. Then put it into a cask, and bung tightly when fermentation has ceased.

—*Cornish Recipes*, compiled by EDITH MARTIN.

PATIENCE DOCK

Rumex patientia. Perennial. Native of Southern Europe. Season: Most of the year.

Fr. *Oseille épinard*. Ger. *Englischer Spinat*. It. *Lapazio*. Sp. *Romaza*.

Patience Dock can be used as a substitute for sorrel. It is less acid. Mr. Delamer described it, in 1855, as vigorous and unwieldy. Modern cultivation may have improved it. I cannot say, for I have never seen or eaten it.

It is prepared in the same way as sorrel.

PEAS

Pisum sativum. Annual. Origin uncertain. Season: May to November.

Fr. *Petit pois*. Ger. *Grüne Erbse*. It. *Pisello*. Sp. *Guisante*.

Peas were known to the most ancient civilisations. They have even been found in the stone dwellings of the Swiss of the Bronze Age: Romans and Greeks alike esteemed them, and all down the ages they have had their ardent, and even lyrical admirers. Grimod de la Reynière called them "*le chanson du mois de Mai*," and added that "*cette musique plaît plus aux oreilles gourmandes que toutes les savantes ariettes de l'opéra bouffe*."

During the reign of Louis XIV green peas were for the rich only, for they cost as much as fifty écus (about £8) the quart.

Madame de Maintenon, writing in 1696, expatiated on their fashionableness:

“Impatience to eat them, pleasure in having eaten them, and joy in the knowledge that we would soon be eating them again, formed the subject of discussion among our Princes during the last four days. Some ladies, having supped, and supped well, with the King, go home, and at the risk of being made ill, eat more green peas. They are the fashion and the passion of the day.”

In the *Cordon Bleu*, a magazine published by the admirable School of Cookery of that name in Paris, a story of unexceeded gallantry is told. Bourret, farmer-general to Louis XIV, when courting a certain beautiful countess, asked her to his house, it was in January, to eat green peas.

Unfortunately the lady had been put on a severe diet of milk by her physician. But she accepted the invitation—which now was one to come and drink milk at his house.

When the lovely countess arrived it was to find the centre of Bourret’s vast anti-chamber occupied by a pretty little Breton cow, busily occupied in munching green peas which had been brought on the backs of mules from Andalusia, costing Bourret some six hundred francs a quart. (For two days she had feasted on this expensive fodder.) The countess was given a bowl of her milk drawn by the farmer-general himself. Enchanted, she announced that a delicate flavour of peas pervaded it.

But the great gourmet’s gallantry brought him no return, other than her thanks.

In our own country peas are mentioned in the earliest cookery books. They were very expensive in the days of Queen Elizabeth, many of them being imported from Holland, and were considered “fit dainties for ladies, they came so far and cost so dear.”

“Hot grey Pease and a suck of Bacon,” was a frequent

street-cry in the reign of James I. The bacon was tied to a string of which the stall-keeper held one end. Grey peas were field peas.

“Some of the garden, and others of the fiede, and yet both counted tame. Some with tough skins or membranes in the cods, and others have none at all, whose cods are to be eaten with the Pease when they be young.

“They have no effectuall qualities manifest, and are in a meane betweene those things which are of good and bad juice, that nourish much and little.”

—GERARD'S *Herball*, 1597.

CREAM OF NEW PEAS

“Have your peas cooked in half wine, half water. When they are tender add the crumb of white bread and cook together. Then let the peas cool. Put them through a sieve with clarified butter and do not forget to sweeten them if you want to. Some do not.”

—*Le Grand Cuisinier de Toute Cuisine* (circa) 1350.

GREEN PESYN

“Take green pesyn, and boile hem in a potte : and when they ben y-broke, drawe the broth a good quantite through a streynour into a potte, and sitte hit on the fire ; and take oynons and parcelly, and hew them small togedre, and caste hem thereto ; And take powder of Canell and peper and caste thereto, and lete boil ; and take vynegur and powder of ginger, and caste thereto ; and then take Saffron and Salte, a litull quantite, and caste thereto, and take faire peces of paynmain [manchet bread], or elles of such tendur brede, and kutte hit yn fere mosselles, and caste there-to, and then serue hit so forth.”—*A Booke of Cookerie*, 1596.

TO MAKE A CLOSE TARTE OF GREEN PEASE

“Take halfe a peck of grene Pease, seeth them and cast them into a Cullender, and let the water go from them, then put them into the Tarte whole, and season them with Pepper, Saffron and Salte. Add a dishe of sweet Butter, close and bake him almost one houre then drawe him, and put to him a little Vergice, and shake them and set them into the Oven againe, and so serve it.”—*Ibid.*

BOILED GREEN PEAS

“Take the youngest, and seeth them thoroughly, butter them plentifully, and season them well with salt and pepper; so will they prove a light meat, and give convenient nourishment in Summer time.”—JOHN EVELYN, *Acetaria*, 1666.

SUBSTITUTE FOR PEASE

“In the Spring (about the beginning of May) the flowry leaves of Tulips do fall away, and there remains within them the end of the stalk, which in time will turn to seed. Take that seedy end (then very tender) and pick from it the little excrescences about it, and cut it into short pieces, and boil them and dress them as you would do Pease; and they will taste like Pease, and be very savoury.”

—SIR KENELM DIGBIE, 1668.

SAUGRENEE OF PEASE

“Take your Gray Pease [field peas], and wash them very well; boil them without steeping them in water; boil them with Parsley or Fenel-Roots (when you have taken out the pith or stick that is in the middle of them) with Butter, or Oyl, Verjuyce, small Spice, Salt and Saffron.”

—*Le Cuisinier Royal*, GILES ROSE, 1682.

GENERAL DIRECTIONS

Shell your peas just before you are going to cook them. If, however, the shelling must be done in advance, wrap them in a slightly damp cloth till you are ready for them.

Pour cold water from the tap through the peas before cooking them.

Cook the peas in as little water as possible. Do not boil them a moment longer than is necessary, or they will harden. Put a little salt in the water, don't put the lid on, and, if you want them very green, cook them in a copper pan.

If you must use tinned peas, pour them into a cullender. When all the liquid has drained off, blanch them in boiling water for two or three minutes. Then proceed to cook them as you would fresh peas.

Skim the peas while cooking.

If the pods are young, healthy and green, cook them in boiling water. The liquid will make a good foundation for a vegetable soup.

TO COOK VERY YOUNG PEAS

Put the freshly shelled peas into a very little boiling salted water, barely covering them. They should be ready in about ten minutes.

The flavour of these first peas, the first of any sowing, is so delicate that it should not be disguised with mint. Nor will sugar be required.

When the peas are cooked, strain the water off. Put them into a very hot dish together with a few small pieces of butter and a little seasoning and serve away.

TO COOK OLDER PEAS

Older peas can be cooked in the same way with a little mint. But the French way with peas, in a modified form, is very good.

With the peas put into the pot a few tiny spring onions. Add the heart of a small lettuce finely sliced, a lump of sugar, and a tablespoon of butter. Use as little water as possible and shake the pan from time to time. Cook very gently.

When the peas are tender, strain off the liquid. Reduce it by quick boiling. Add cream and seasoning to it and pour it over the peas which must, meanwhile, have been kept hot.

Still older peas, blanched for five minutes in boiling water, can be cooked in a jar which must be closely covered and stood in a larger receptacle containing boiling water. These will take from forty-five minutes to an hour to cook. Little onions, sliced lettuce, sugar and seasoning should be put into the jar with the peas.

A better and more digestible way of using older peas is to make a purée of them.

PURÉE OF GREEN PEAS

Cook a pint of green peas together with a little chopped onion (very little will suffice), and the shredded heart of a lettuce in salted water.

When all are tender strain off the water and put the vegetables through a sieve.

Put the purée into a saucepan and cook it till it has thickened a little, stirring constantly (see p. 45). Season it and, if the peas are oldish, add a little sugar to bring out their flavour. Just before serving add a tablespoonful or two of thick fresh cream and a few tiny pieces of butter. Whisk all well together.

MOUSSE OF GREEN PEAS

Cook the freshly shelled peas, a pint or so, in salted boiling water, together with the heart of a lettuce and a teaspoonful of chopped onion. When they are tender, strain off the water and put the vegetables through a sieve.

Mix the purée to which you have added seasoning and a very little sugar, with a gill of Béchamel sauce made with chicken or veal stock. Melt some aspic jelly or a jelly made from a veal knuckle bone. Strain it into the purée. Pour the mixture into a bowl. Whisk it till it begins to cool. Then add a small cupful of whipped cream. Season and beat together until it begins to set. Pour into a mould or bowl. Serve very cold.

SOUFFLE OF GREEN PEAS

Make half a pint of purée of peas as directed above. Mix it with half the quantity of good Béchamel sauce. Add a gill of good cream, with which you have mixed the yolks of three eggs. (This mixture should be strained.) See that the seasoning is right and just before you are ready to bake, slice in the stiffly beaten yolk whites of the eggs (see p. 27). Bake in a soufflé dish standing in a pan of cold water for about twenty minutes.

GREEN PEA CROQUETTES

Cook a pint of peas with lettuce and onion as directed for making a purée. Put them through a sieve. Thicken the mixture with very fine breadcrumbs. Taste it to see if it is rightly seasoned. Bind with a little melted butter. Shape into small cork-shaped pieces, roll in egg and breadcrumbs and fry in deep fat.

GREEN PEAS A LA POULETTE

Cook a pint of peas in a little water. As soon as they are tender, strain off the water and put them into a pan with two tablespoons of the best butter and seasoning.

Mix the yolk of an egg with two tablespoons of good thick cream. Strain it. Add this to the peas. Take the pan off the fire and stand it in another containing boiling water.

Stir the peas continually until the sauce begins to thicken. Serve at once.

GREEN PEAS WITH CARROTS

If you are left with a small quantity only of peas, serve them with very young carrots that have been shaped into tiny balls with a vegetable cutter.

Cook the vegetables separately in salted boiling water. When tender, drain them thoroughly. Put them together in a pan with a little butter, seasoning and a pinch of sugar. Serve them the moment the butter has melted. You may add a little cream to them.

Or : mix the two vegetables with a Béchamel or poulette sauce. (p. 32).

EDIBLE-PODDED PEAS (SUGAR PEAS)

Blanch edible podded peas for five minutes in boiling water. Drain them and string them.

Put them back into boiling salted water and cook till tender—about twenty minutes.

These peas can be served with a little butter and finely chopped parsley, or with butter and cream. Unless they are very fresh and young they are not worth eating.

DRIED GREEN PEAS

These are best used in purées or soups.

Pick them over carefully and cook them as directed for haricot beans (p. 106).

PUREE OF DRIED PEAS

Cook a heaping tablespoon of chopped onion in butter, but do not let it colour. Add it to the cooked and drained peas and put them while very hot through a sieve.

Put the purée back on to the fire and stir it vigorously, adding butter, a little at a time, seasoning, a little sugar, and, at the last moment, a spoonful or two of cream.

CHICK PEAS (DRIED)

Cicer Arietinum. Annual. Native of Southern Europe.
Fr. *Pois chiche.* Ger. *Kicher Erbse.* It. *Cece.* Sp. *Garbanzo.*

AGAINST WARTS

“At the new of the Moone take as many cich pease as you have warts and let every pease touch one wart, then binde the said pease in a linnen cloth, and caste them behinde you.”

—GERVASE MARKHAM, *Country Contentments*, 1615.

COCIDO (Spanish Receipt)

Soak one cupful of Spanish peas (chick peas) overnight in tepid water with a lump of salt.

The following day put three pints of water into a saucepan. When it boils put in the peas, well washed and drained, add meat bones, or half a pound of lean beef, some Frankfort or other hard sausage, a leek, a carrot and a stick of celery. Skim well after an hour and a half of simmering, add three or four whole potatoes and cook very gently for another hour and a half. Add water if required.

Cook separately a cauliflower, some green and butter beans.

Half an hour before serving the dish, strain the liquor through a fine sieve into another saucepan. When it boils put in rice, vermicelli or spaghetti. Serve when ready as a soup.

Then put the stew, which you have kept hot, into two dishes. In one, the tender chick peas forming a pyramid, over them the meat and bones and around them potatoes, carrot, leek and turnip. In another dish put the rest of the vegetables and over them the sliced sausages. Serve both dishes at the same time.—SENORITA ESPADAZ.

CHICK PEAS WITH RICE (Spanish Receipt)

Put half a pound of chick peas to soak overnight.

Strain off the water and put the peas to cook in salted boiling water.

Take about the same quantity of rice and cook it in oil with a little garlic, paprika and cinnamon. Add them to the peas and simmer till they are tender.

Drain off the liquid. Put the rice and peas in a dish. Cover them with slices of peeled tomatoes. Season, add small pieces of butter and brown in the oven.

—SENORITA ESPADAS.

PEPPERS or CAPSICUMS

Capsicum annum. Annual. Native of South America. Season: August and September.

Fr. *Piment.* Ger. *Schotenpfeffer.* It. *Peperone.* Sp. *Pimiento.*

There are several varieties of pepper. It is the larger one which is used as a vegetable. Fresh peppers now come to England in large quantities. They can also be bought preserved.

STUFFED PEPPERS

Parboil green peppers. Drain them.

With a sharp spoon dig out the pulpy contents. Discard the seeds and the partitions.

With the pulp of the peppers, breadcrumbs, chopped onion that has been cooked in a little butter, and some finely minced meat, make a stuffing. Fill the peppers.

Put a dessertspoonful of butter and a little stock in a fireproof dish. Lay in the peppers. Bake them for half an hour, basting occasionally. Brown under the grill.

Or: a stuffing may be made of rice, chicken, veal or ham and cooked finely-chopped onion.

GREEN PEPPERS (A Hungarian Receipt)

Stew about twenty sliced green peppers in butter.

Put three teacupfuls of blanched rice into a saucepan with a little butter and two soup-ladlefuls of salted water or stock. Cook the rice till tender.

Butter a deep earthenware pan. Put in it a layer of seasoned rice, a layer of paprika and one of sliced peeled raw tomatoes. Season as you go. Then pour in two table-spoons of sour cream. Continue in this order till the pan is full. Add water enough to cover the ingredients.

Cook in the oven for at least an hour.

This dish can be made before it is required and re-heated.

—MADAME DE SZASZ.

POTATOES

Solanum tuberosum. Annual. Native of South America. Season: All the year. (New English potatoes are in season from May to July.)

Fr. *Pomme de terre*. Ger. *Kartoffel*. It. *Patata*. Sp. *Patatas*.

Most of us have been brought up to believe that Sir Walter Raleigh brought potatoes from Virginia to Ireland;

but in the light of modern destructive criticism we may no longer do so. Sir Walter was never in Virginia. His friend, Thomas Herriot, in all probability introduced them to England, though even this is not certain, towards the end of the sixteenth century ; and it is quite possible that Raleigh took them from there to Ireland, although there is no contemporary mention of his having done so. The Germans attribute the honour to Sir Francis Drake, and have erected his statue to commemorate their gratitude at Offenbergh. The cautious modern historian of vegetables gives no certain data, except that the potato we use was preceded by the sweet potato which was received with considerable favour.

Potatoes were not popularised in England until the middle of the eighteenth century. Gilbert White, writing at Selborne in 1789, said that they had " prevailed by means of premiums, within this twenty years only, and are much esteemed here now by the poor."

In France, Parmentier, whose name is inseparable from soups and dishes made with potatoes, occupied himself with popularising the tuber. During the potato famine of 1771 he advocated its use in a book which he sent to the then Minister of Agriculture, who, however, remained uninterested. Later, he enlisted the sympathy of Louis XVI and was given ground in order to make large plantations where Neuilly now stands. This he did, and in his effort to introduce potatoes into the diet of the poor, he resorted to an ingenious strategy. By day his plantations were closely guarded ; at night, by his order, they were left unprotected. So, in the dark, the curious and the greedy came to steal what they would not have bought, and the success of the potato was ensured. Parmentier's statue stands at Neuilly.

We are very limited in our choice of potatoes in this country. There is an infinite variety to choose from and amateurs might well experiment with the favourite kinds of other

countries as well as with these that have been popularised in England.

One or two varieties of the so-called "Dutch" potato should be grown, whenever there is space, in every kitchen garden, for they are not always easy to buy. They are characterised by the firmness of their flesh after cooking, and are the best kind for soufflé or sauté potatoes, for potatoes cooked *au gratin* and for salads. Varieties of this *pomme Hollandaise* are grown and sold all over France.

"Of the potato and such venerous roots as are brought out of Spaine, Portugale and the Indies to furnish up our bankets, I speake not."

—HARRISON'S *Description of England*, 1589.

"A food, also a meate . . . rosted in the embers, or boiled and eaten with oile, vineger and pepper, or dressed any other way by the hand of someone cunning in cookerie."

—GERARD'S *Herball*, 1597.

"Potato roots are . . . of strong nourishing parts, the nutriment which they yield is though somewhat windie very substantiall, good and restorative, surpassing the nourishment of all the roots or fruits. They are diversely dressed and prepared, according to everymans taste and liking; Some use to eat them, being rosted in the embers, sopped in wine, which way is specially good: but in what manner so ever they be dressed, they are very pleasant to the taste, and doe wonderfully comfort, nourish, and strengthen the bodie, and they are very wholesome and good for every age and constitution, especially for them that be past their consistent age."—VENNER, *Via Recta ad Vitam Longam*, 1620.

"Potatoes (Patade roots) engender much flesh."

—DR. MUFFET, *Health's Improvement*, 1655.

POTATO PYE

“ Scald them well and pill them ; then put butter into your Pye, then whole Mace, then Potatoes with Marrow, Cinnamon, Mace and Sugar, then Butter, so close it, and bake it, and when it is baked, put in some white wine, Butter and Sugar, with the Yolks of Eggs.”

—Seventeenth Century Receipt.

GENERAL DIRECTIONS FOR STEAMING OR BOILING

POTATOES

Nearly all French receipts from the time when potatoes were first used in France, recommend cooking them in their skins. And it is in this way that they are cooked in Ireland, where one may be sure of their excellence. Much of the goodness of a potato is lost by peeling it, but it is a part of our national extravagance in cooking to choose the wasteful way.

Here is an eighteenth century receipt taken from John Farley's *London Art of Cookery* (1787) which could not be bettered :

“ Though greens require plenty of water to be boiled in, potatoes must have only a quantity sufficient to keep the saucepan from burning. Keep them close covered, and as soon as the skins begin to crack, they will be enough. Having drained out all the water, let them stand covered for a minute or two. Then peel them, lay them in a plate, and pour some melted butter over them. A very good method of doing them is this : when they be peeled, lay them on a gridiron till they be of a fine brown, and then send them to table.”

(In Ireland the first instalment of potatoes is often sent up in their jackets, the second being peeled and set on the oven to crisp, a method closely resembling John Farley's.)

The most valuable part of a potato lies in and near its skin. It is scarcely reasonable to expect people to eat the skin of a boiled potato ; but that of a baked one, crisp and delicious, should not be neglected.

It is undoubtedly better to steam potatoes than to boil them, and this should be done as often as possible. A special steamer is used.

When cooking potatoes, always choose them as much as possible of one size.

If, for any reason, potatoes are peeled before they are cooked, wash them but do not leave them to soak in cold water.

Old potatoes which are to be boiled are put into cold water.

It is not necessary to peel new potatoes, though some cooks prefer to scrape them. They can be cooked in their skins, which are easily removed before serving.

New potatoes are put into salted boiling water to cook.

The habit of cooking mint with new potatoes is, I think, exclusively English. The exquisite flavour of a good new freshly-dug potato needs no herb to set it off.

It is very easy for people who live in cities never to taste new potatoes in perfection, for to have them thus they must be freshly dug.

To boil old potatoes will take about half an hour. To bake them, about an hour. To steam them, thirty to forty minutes. To boil new potatoes will take about fifteen minutes.

A perfectly cooked potato is an excellent thing, whether steamed, boiled or baked, but there is no reason why we should be content with these simplest forms of potato cookery. Many of the ways in which it is served in France, Austria, Germany and America are excellent. The potato dishes *au gratin* of Savoy and the Dauphiny are particularly delicious.

POTATOES WITH BACON

Cut some lean bacon into dice. Fry them. Add sliced cooked potatoes. Sauté together till the potatoes brown. Season well and serve at once.

Or : cook quarter of a pound of bacon cut in dice together with a chopped onion. Add two large raw potatoes sliced. Cover with stock, add a bouquet. Put on the lid and cook till the potatoes are tender. Sprinkle with pepper and serve very hot.

BAKED POTATOES

Choose large sound potatoes of uniform size. Scrub and dry them. Make incisions in the skin at either end, or perforate it in several places with the prongs of a fork.

Bake potatoes in a moderate oven for an hour or longer, according to their size. Turn them round and over once.

Serve baked potatoes with pats of the best butter. Coarse salt and white pepper, both in small mills, should be handed with them. Their pleasant piquancy will immensely enhance the goodness of the potato.

SOUFFLED BAKED POTATOES

Bake the potatoes as directed. Cut a shallow slice off the top of each lengthwise. Scoop out all the pulp, leaving the skins intact.

Put the pulp into a saucepan and mash it over the fire with a fork, adding butter in small pieces as you work, and a little cream and seasoning. Beat the mixture very hard for several minutes until it is white and very, very light. Put it back into the skins and brown the potatoes in the oven.

A little cheese may be added to the purée.

A slightly richer form of purée is made by adding the yolk of an egg to the contents of three potatoes. Before doing so, turn the well-beaten purée to which you have added cream

and butter into a bowl. Let it cool a little. Beat hard after you have added the yolk. Season. Just before re-filling the skins add the stiffly beaten white (p. 30).

Cheese may be added to this form of baked potato, or some very finely chopped ham or tongue, or sliced mushrooms which have been cooked in butter and well drained.

CHATEAUBRIAND POTATOES

Very small new potatoes can be cooked in this way. If old ones are used they must be of the "Dutch" variety, and should be divided into four equal pieces, each piece being then turned with a sharp knife or vegetable cutter into semblance of a small oval potato. (Do not throw away the trimmings: they can be used in soup.)

Take a wide sauté pan and melt, for one pound of potatoes weighed after they are peeled and shaped, nearly two ounces of butter. When it is hot, lay the potatoes in. Sprinkle them with salt.

Cook the potatoes for about twenty-five minutes, tossing them every three or four minutes.

Remove the potatoes with a skimmer, drain them on paper or a cloth set inside the oven and sprinkle them with finely chopped parsley.

CREAMED POTATOES

This is an excellent way of using up cooked new or "Dutch" potatoes.

Cut them into slices about a quarter of an inch thick.

Butter a shallow fireproof dish. Fill it with the potatoes and pour a very smooth good white or Béchamel sauce over them. Sprinkle the top with a few tiny pieces of butter and brown in the oven.

A little cheese may be added to the sauce or a couple of tablespoons of finely chopped ham.

POTATO CROQUETTES

Steam rather over a pound of good floury potatoes. Peel them while very hot and put them through a sieve and then into a saucepan.

Add a good ounce of butter, a little at a time, beating the potatoes without stopping over moderate heat, until you have a thick paste. Season it and let it cool a little.

Add the yolks of two eggs, beat the purée hard, then put it on to a floured board, flatten it and divide it into equal sized pieces.

Flour your hands and roll each piece round and round till it is corked shaped.

Egg-and-breadcrumb each (p. 19) and fry in hot fat (p. 22) for about five minutes. Drain the croquettes on a clean cloth set inside the oven.

A little parsley may be added to the croquettes while you work the paste : or very finely chopped ham or tongue.

The croquettes may be rolled in finely grated cheese before being egg-and-breadcrumbed.

STUFFED CROQUETTES

Stuffed croquettes are excellent as a garnish.

As soon as they are fried (and for this purpose they should be the size of a big plum) slice off the top and with a sharp spoon dig out a little from the centre of each. Fill the hollows with a purée of mushrooms, spinach or game, replace the top and serve very quickly.

FRIED POTATOES

Peel and wash a number of fair-sized potatoes. Trim off the rounded sides so that you have oblong blocks. Cut these into strips about two inches long and half an inch wide and thick.

Put the pieces, one by one, into moderately hot fat (p. 22).

Increase the heat a little, for the potatoes will have cooled the fat slightly, but keep it at moderate heat for about six minutes. Then increase the heat until the fat is very hot (p. 23). As soon as the potatoes are beautifully coloured and crisp, remove them from the fat (this will be easy if you have used a basket), drain them and lay them just inside the oven on a clean cloth which will absorb any excess of fat.

Sprinkle them with salt from a salt mill (p. 329) and put them into a very hot vegetable dish. Do not cover it.

FRIED CHIP POTATOES

Slice a number of peeled "Dutch" potatoes as thinly as possible. (Floury potatoes are useless.) Put these into cold water for half an hour, then take them out, drain and dry them on a cloth.

Have your fat ready (p. 22). Heat it, throw two or three slices of potato in it. If they brown in a few seconds, it is hot enough.

Put about a dozen slices into the fat at a time, do not let them touch each other. As they brown take them out with a skimmer, drain them and put them on clean white kitchen paper just inside the oven, sprinkling them with freshly ground salt (p. 329). Continue until you have cooked enough chips.

By cooking potatoes in this way you will have them in their most digestible form. They can be kept in an air-tight tin for some time and can be re-heated as they are required.

FRIED STRAW POTATOES

Peel and prepare the potatoes as directed for fried potatoes, but cut them into strips the size of a wooden match. Then put them into very cold water for ten minutes. Drain and dry them.

Fry them in hot fat (p. 23), using a basket. Keep the

little straws apart as much as possible. At the end of three minutes take out the basket and let it drain over a bowl while you bring the fat to "very hot" (p. 23). Plunge the basket into the fat again and fry for a moment or two to give the straws a golden-brown colour and make them very crisp. Take them out with a skimmer and drain them on a clean cloth laid inside the oven.

Sprinkle with salt and serve quickly.

POTATOES AU GRATIN

These ways of cooking potatoes are delicious. They are specially good served with cutlets or with any grill.

1. (*Savoie*)

Wash and peel a number of potatoes. The "Dutch" variety is best. Butter a fireproof dish at least four inches deep.

Slice the potatoes finely and lay them neatly in the dish. Between each layer sprinkle small pieces of butter, seasoning and grated parmesan or gruyère. Fill up the dish with good brown stock and bake in a moderate oven for an hour. The cheese may be omitted and a little chopped onion or leek which has been lightly browned in butter substituted.

2. (*Dauphiny*)

Slice a number of potatoes about an eighth of an inch thick. Cook them very gently in water for ten minutes. Drain them.

Butter a fireproof dish. Lay in the potatoes, sprinkle seasoning and a little butter between them, and put small pieces of butter on top. Fill up the dish with cold milk. Bake in a slow oven till the potatoes are tender and the top browned.

Or: add a pint of hot milk to the yolks of two eggs.

Strain and season. Pour over the potatoes and bake in a very moderate oven, as carefully as though it were a custard.

A little sifted flour sprinkled between the potatoes will help to keep the eggs from curdling.

3. (*Pommes Anna*)

Peel, wash and carefully dry a pound of new or "Dutch" potatoes.

Trim them so that when you slice them, very finely, the pieces will be of equal size.

Take a deep copper mould, or for lack of it a thick tin such as you would use for a cake. Butter it lightly on the sides and put a piece of buttered paper at the bottom.

Take the slices of potato and arrange them, one by one, and slightly over-lapping each other, in circles, beginning with the outside of the tin. When you have completed one layer, sprinkle it with melted clarified butter and seasoning. Make a second layer sprinkled as before, and continue until the tin is full, pressing each layer down as you work.

Cover the mould with a piece of buttered paper and a lid and bake in a moderate oven for an hour. If you have top heat, so much the better. If the heat of the oven is not well distributed, turn the mould once or twice.

Look at the potatoes from time to time. If they become too dry, add a little more butter.

Turn the potatoes out: they should be firm like a cake and browned all through. Drain off any excess of butter and serve quickly, very hot.

This is one of the most delicious ways of cooking potatoes, excellent with grilled meats.

Cheese may be added, sprinkled between the layers, but it makes the dish almost too rich.

Mushrooms which have been sautéed in butter add a very good flavour to it. So does a little chopped truffle, if fresh.

4. (*Potatoes au Gratin with Onions*)

Wash and peel a number of firm potatoes very finely.

Slice a medium sized onion, or the white part of two leeks.

Put onions and potatoes together in a shallow fireproof dish. Season them and cover them with a very good clear brown stock. Add a few small pieces of butter. Cook slowly in the oven for three-quarters of an hour.

Cooked potatoes may be used, in which case the onion should be cooked also, in a little butter. Half an hour in the oven should be sufficient, but the stock should be absorbed by the time they are done.

GRILLED SLICES OF POTATOES

Slices of cooked potatoes can be marinated for half an hour in oil with a little chopped onion. They should then be drained. Put a tiny piece of butter with pepper and salt on each slice and grill.

LYONNAISE POTATOES

Sauter a number of slices of potatoes as directed (p. 225). Cook a tablespoonful or more of chopped onion in butter until it is well coloured. Add the onion to the potatoes. Season well and serve at once.

POTATOES MAITRE D'HOTEL

Peel and wash a number of small "Dutch," or new, potatoes.

Cook them for a quarter of an hour in salted water. Take them out of the pan and drain them. Let them cool a little.

Put three-quarters of a pint of milk in a pan and simmer it until it is reduced to half the quantity.

Slice the potatoes, but not too finely. Put them in a wide frying pan.

Pour the milk over them and add a good ounce of butter and seasoning. Simmer very gently for about fifteen minutes by the end of which time the milk should have been absorbed. Shake the pan from time to time to prevent the potatoes from sticking.

Just before serving add a little more butter cut into tiny pieces and some finely chopped parsley. Transfer them very gently to the dish in which they are to be served.

PAPRIKA POTATOES (Hungarian Receipt)

Melt about two ounces of fat. Fry in it a small finely chopped onion. Add half a teaspoonful of red paprika. Peel and cut into dice a pound of potatoes. Add them to the fat, season, cover closely and stew till tender.

—MADAME DE SZASZ.

PUREE OF POTATOES

It would be better to substitute the French word *purée* for the English mash, for to mash potatoes suggests the summary treatment they chiefly get in this country. Nothing is more unpleasing than the lumpy mass, unseasoned and enriched with dripping instead of butter that is still prevalent both in many homes and most small restaurants. A good *purée* is not expensive, but it must be carefully made; it demands a few minutes' hard work.

Steam your potatoes, or boil them in their skins (p. 214). If boiled, strain off the water, peel them, and then set them on a cullender covered with a cloth, just inside the oven. They should then be so dry and floury that you can break them up with a fork, instead of putting them through a machine, a quite unnecessary process. Add a little hot milk to the potatoes, and stir them well over the fire. Then add butter in small pieces—a tablespoonful in all is enough for a dish of *purée*. Season. Then, still over a gentle heat,

beat your purée hard and strong till it is white. If you want a moist purée add more hot milk. Taste it before you send it to table. It is not easy to add salt once it is served.

Pleasing purées can be made by mixing potatoes with some other vegetable which has been cooked separately and put through a sieve. French beans can be used in this way. (Take half of each.) Celeriac is also good.

In Germany a purée is made of potatoes (two-thirds) and sour apples (one-third) which have been slightly sweetened. This purée, well seasoned, is served with duck or goose.

PUREE OF POTATOES A LA PERNOLLET

Peel the potatoes and slice them. Cover them with cold milk. Cook very gently. As soon as they are done, break them up, add butter and seasoning. Beat till they are white. This is an excellent way.

POTATO PUREE AU GRATIN

Mix two tablespoons of freshly grated gruyère with a pint of potato purée. Fill a wide shallow fireproof dish with the mixture, sprinkle a little cheese and a few tiny pieces of butter over the top and brown in the oven.

MOULDED POTATO PUREE

Make a purée of potatoes with milk and butter adding the yolk of an egg to each half pint. Butter a mould and sprinkle it with breadcrumbs. Fill it with the purée. Put it in the oven for a quarter of an hour. Turn it out. Brown it under the grill or in the oven.

This mould should be fairly solid. It is used as a base for cutlets or *tournedos*. It may be baked in a hollow mould, the centre of which is filled with a purée of some other vegetable or with mince. A mushroom purée is excellent served in it.

If the hollow is to contain creamed fish, two tablespoons of grated parmesan can be added to every pint of purée. A rather moist purée of potato can be used for ornamenting dishes. It must be put into a pastry bag and applied with a tube. Make your decorations according to your fancy, touch the edges with the yolk of egg, sprinkle a little butter over all, and colour lightly in the oven.

SAUTED POTATOES

Choose a very wide pan so that the potatoes can lie flat in it. Melt two or three ounces of clarified butter in it. When very hot, lay in the sliced potatoes. (These should have been par-boiled.) Cook them gently, tossing or sautéing them from time to time, until they are tender and a good colour. If they become too dry add a little more butter in small pieces. Sprinkle them with salt and very finely chopped parsley. (See also, Chateaubriand potatoes, (p. 217))

Potatoes cut into dice and sautéed are also very pleasant.

RUMBLEDETHUMPS*

"NORTH. May I ask, with all due solemnity, what *are* rumbledethumps?

"SHEPHERD. Something like Mr. Hazlitt's character of Shakespere. Take a peck of purtatoes, and put them into a boyne [large pot]—at them with a beetle—a dab of butter—the beetle again—another dab—then cabbage—purtato—beetle and dab—saut meanwhile—and a shake o' common black pepper—feenally, cabbage and purtato throughither—pree [taste], and you'll find them decent rumbledethumps."

—CHRISTOPHER NORTH, *Noctes Ambrosianæ*.

* I should not have found this interesting receipt had it not been that, attracted by its name, I bought Miss McNeill's most alluring book, *The Scots Kitchen*.

POTATO SOUFFLE

Steam rather more than a pound of potatoes. Peel and put them through a sieve. Put the purée in a saucepan with a heaping tablespoon of butter and stir it continually until it thickens (p. 25). Pour it into a basin.

When the purée has cooled a little add the yolks of three eggs which you have mixed with a wineglass of thick cream and strained. Beat the mixture for several minutes. Season it. Add two tablespoons of grated gruyère or parmesan and beat again.

Just before you are ready to bake your soufflé, add the stiffly beaten whites (see p. 30). Pour the mixture into a buttered soufflé dish, sprinkle it with cheese and bake it in a moderate oven for about twenty minutes. On no account let this soufflé bake till it is dried up.

Instead of cheese, the same quantity of chopped ham may be used.

SOUFFLE POTATOES

The potatoes used must be the "Dutch" variety. Choose absolutely sound medium-sized ones.

Trim each potato with a very sharp knife, till you get an oblong block. Then cut it into slices not more than an eighth of an inch thick. Cover the slices with a napkin till you are ready for them.

Have plenty of good fat in a frying pan. Bring it to moderate heat (p. 23). Drop in the slices one by one, keeping them as separate as possible by the gentle use of a wooden spoon.

Gradually raise the temperature of the fat. At the end of about eight minutes the slices should be cooked, but not properly souffléed. Take them out with a skimmer, one at a time, and put them into a frying basket.

Make the fat very hot (p. 23). Plunge the basket into

it for a moment or two, turning each soufflé once and, as before, keeping them all separate. Then take out the basket, drain the little cushions, sprinkle them with salt and serve at once.

It is quite possible that the first attempt at souffléing potatoes may be a failure. But one failure should not be counted an expensive lesson.

Soufflé potatoes should be served on separate plates. Sauce or gravy ruins them.

IRISH POTATO CAKES

- 2 lbs. hot mashed potatoes.
- 2 ozs. flour.
- 1 oz. butter.
- 3 tablespoons of milk.
- 1 teaspoon of baking powder.
- 1 teaspoon of salt.

Melt the butter in the milk and add it and the salt to the potatoes. Mix the flour and baking powder together. Add them. Knead lightly and roll out till the paste is about half an inch thick. Cut out into scone-shaped pieces. Bake on a greased and heated griddle, or cook in butter in a frying pan.

—MISS GWYNN.

SWEET POTATOES

Convolvulus Batatas. Perennial cultivated as an annual. Native of South America. Season : from September through winter.

Fr. *Patate.* It. *Patata.* Sp. *Batata.*

Sweet potatoes came to England before the ordinary potato and were once much appreciated. They are not

altogether to our modern taste. In the seventeenth century they were cooked very much as Americans cook them now, *i.e.* sugar was added to their natural sweetness.

“The roots may serve as a ground or foundation whereon the cunning Confectioner or Sugar-Baker may worke and frame many comfortable delicat conserves and restorative sweetmeats.”—GERARD’S *Herball*, 1597.

“To preserve. Take a pound of the cleanest Potatoes, pare them and lay them in faire water, a pound of clarified Sugar, cutting your Potatoes in quarters and put them in the hotte Sugar, let them boyle the space of an houre very softly now and then turning them, then take them off and let them stand till they be cold, then set them on, boyling them another houre, then take them off and betweene hot and cold, put them up for your use.”

—JOHN MURRELL, *Delightful Daily Exercises for Ladies and Gentlemen*, 1621.

GENERAL DIRECTIONS

Choose a number of potatoes as much as possible of a size. Scrub them well and rub them with a little fat or butter. Put them into a fairly quick oven and bake them for about an hour.

Serve them as you would ordinary baked potatoes, with good fresh butter, salt and pepper.

Cooked sweet potatoes can be warmed up by cutting them in slices and turning them over in hot butter till slightly browned.

These potatoes may also be served mashed.

PUMPKIN

Cucurbito maxima. Annual. Season: July to October.
Fr. *Potiron.* Ger. *Melonen-Kurbiss.* It. *Zucca.* Sp. *Calabaza.*

Pumpkins, like all members of the gourd family, have a very long history. Apart from their excellence, especially in soups, it is a pity that they cannot be more grown in England if only to brighten our shops with their lovely colours, deep orange, or apricot netted with silver. But they need space—they have been known to weigh a hundredweight.

“For robustious and rusticke people, the flesh boiled in milke and buttered, is not only a good wholesome meate for mans bodie . . . the flesh pulped of the same sliced and fried in a pan with butter, is also a good and wholesome meate . . .”—GERARD, *Herball*, 1597.

SAUTED PUMPKIN

Peel the pumpkin, cut it in slices across and remove the seeds and stringiness. Cut into dice and cook in slightly salted boiling water for ten to fifteen minutes. Drain well; dip each piece in milk and flour and sauté in butter for about ten minutes. Season.

PUREE OF PUMPKIN

Prepare the pumpkin and cook it in boiling water.

Cook a little rice and add two heaping tablespoons of it to a pound of pumpkin. Put them through a sieve. Add butter seasoning and a little cream.

This purée may be thickened by the addition of two yolks of eggs. Cheese also may be used—an ounce to the pound of pumpkin.

This dish can be finished *au gratin*. Pour the mixture into a fireproof dish. Sprinkle with grated cheese and bread-crumbs and tiny pieces of butter.

RADISHES

Raphanus Sativus. Annual. Native of South Asia. Season: May to September.

Fr. *Radis*. Ger. *Radieschen*. It. *Ravanello*. Sp. *Rabanito*.

“We will have a bunch of redish and salt to taste our Wine.”—BEN JONSON, 1598.

“Some physicians commend the eating of Radishes before Meate.”—VENNER, *Via Recta*, 1620.

“The roots eaten plentifully sweeten the blood and juices.”—CULPEPER’S *Herbal*, 1653.

“For a dry or conclusive asthma juice of Radishes relieves much.”—JOHN WESLEY, *Primitive Physic*, 1763.

An old French lady recommends the continual nibbling of raw black radishes for a bad cough.

GENERAL DIRECTIONS

There is little to say about radishes, except that in their cultivation we do not seem to be as successful as the French are. They should be washed and put in water for twenty minutes before they are to be eaten.

Radish-tops may be boiled as a vegetable and should be chopped and served with butter. Only the young leaves must be used.

Radishes can be boiled, but since crispness is the chief part of their merit, I think to cook them is a mistake.

RAMPION

Campanula Rapunculus. Biennial. Native of Europe.
Season: From October through the winter.

Fr. *Raiponce*. Ger. *Rapunzel-Rübe*. It. *Raperonzolo*.
Sp. *Reponche*.

“Rampions eaten raw with vinegar and salt, do not only stir up an appetite to meat, but are also meat and nourishment of themselves.”

—DR. THOMAS MUFFET, *Health's Improvement*, 1655.

Rampion leaves and roots were eaten raw in salads, and are still so used in France.

Dr. Muffet's recommendation quoted above suggests that the roots might be used as a *hors d'oeuvre*.

GENERAL DIRECTIONS

If the long rampion roots are to be cooked, wash and scrape them and put them into cold water to which you have added a tablespoonful of vinegar. Leave them for a quarter of an hour.

Cook them in boiling water and milk. (They will take a good hour.) Serve them with white sauce (p. 32), or with Normandy sauce (p. 36).

SALSIFY

(Vegetable Oyster)

Tragopogon porrifolius. Biennial. Native of Europe.
Season: December to March.

Fr. *Salsifis*. Ger. *Haferwurzel*. It. *Barba di Becco*.
Sp. *Salsifi blanco*.

Salsify is said to have been a novelty in the South of France in the sixteenth century. It came to England later.

GENERAL DIRECTIONS

Wash and scrape the roots and throw them immediately into a basin of cold water to which vinegar has been added (one tablespoon to a quart of water). Leave them in it for twenty minutes. Then take them out, drain and cut them into two or three inch lengths, whichever is most convenient for your purpose.

Put the pieces into plenty of fast boiling salted water containing a little lemon juice, or into half milk, half water, or—the best of all—into a *blanc* (p. 16). Cook till tender. This may take as much as an hour and a half.

Take out and drain the pieces of salsify and serve them with Béchamel sauce, or with a white sauce to which a little cream has been added, or with Normandy sauce (p. 36).

Allow one pound of salsify for three persons.

SALSIFY FRITTERS

Cook the salsify as directed. Drain it thoroughly. Sprinkle it with salt and pepper and marinade it in a little oil

and wine vinegar. Drain thoroughly. Dip each piece in batter (p. 15), and fry in smoking hot fat until well coloured.

SALSIFY AU GRATIN

Prepare and cook small lengths of salsify as directed. Mix them with a good white sauce. Put them in a shallow fireproof dish, sprinkle them with breadcrumbs, grated cheese and a little melted butter. Brown in the oven.

SALSIFY SAUTED

Cooked pieces of salsify, drained and dried, can be sautéed in hot butter. They should be allowed to colour delicately. Turn them once. Then take them out of the pan, drain them, sprinkle them with salt, pepper and very finely chopped parsley.

BLACK SALSIFY

Scorzonera Hispanica. Perennial. Native of Spain.
Season: December to March.

Fr. *Scorsonère*. Ger. *Schwarzwurzel*. It. *Scorzonera*.
Sp. *Escorzonera*.

Scorzonera was first cultivated in England about the middle of the eighteenth century.

GENERAL DIRECTIONS

Black salsify can be cooked in the same way as white, but it should be boiled in its skin. When it is tender, take it out of the water and with a sharp knife remove the skin.

BLACK SALSIFY SAUCE POULETTE

Cut the cooked salsify into short pieces having drained it thoroughly.

Heat about a tablespoonful of butter in a saucepan. Simmer the salsify in it, with the lid on, for five minutes. Then add a little good stock and simmer another five minutes.

Pour off part of the liquid from the salsify. Let it cool a little. Set the pan in a *bain-marie* (p. 15). Add the yolk of an egg which has been mixed with two tablespoons of cream and put through a strainer. Stir continually until the sauce thickens, season and add a few drops of lemon juice.

Put the salsify in a well-heated dish and pour the sauce over it.

One pound of salsify should be allowed for three persons.

SEAKALE

Crambe maritima. Perennial. Native of Europe. Season : From December to May.

Fr. *Chou-marin*. Ger. *Meer-kohl*. Sp. *Soldanella*.

Seakale grows wild on the beach in certain parts of Hampshire among the shingle under which it is blanched. It has an excellent flavour and is ready in March. It also grows wild on the sea-coasts of Western Europe.

Seakale grown in the open under ashes is better for salads than the earlier forced plants.

GENERAL DIRECTIONS

Cut off any broken or discoloured leaves as well as all but a thin layer of the stump. Tie the pieces together in small

bundles. Throw them into water to which a tablespoon of vinegar has been added and leave them for half an hour. Then, having drained them, put them into boiling salted water and cook them for twenty to twenty-five minutes. On no account cook them longer than is necessary, or they will harden.

Seakale is one of the vegetables which should always be cooked in the simplest way. It is worthy of a good Hollandaise sauce (p. 35), or it can be served with a white sauce to which a little cream has been added, or with Normandy butter (p. 36). This latter is excellent.

A pound of seakale is sufficient for three persons.

SHALLOT

Allium ascalonicum. Perennial. Native of Palestine. Season : all the year.

Fr. *Echalote*. Ger. *Schalotte*. It. *Scalogno*. Sp. *Chalote*.

The shallot is allied to the onion but it has a milder flavour. It is much used in France, especially in the making of sauces.

The green leaves can be used as well as the bulbs.

It is said to have been brought to England by Crusaders.

SKIRRET

Sium Sisarum. Perennial. Native of China. Season : September to March.

Fr. *Chervis*. Ger. *Zuckermurzel*. It. *Sisaro*. Sp. *Chirivia*.

Skirrets were introduced early into France, probably from Germany through Italy, and were a favourite vegetable in

England two or three hundred years ago. It is said that the roots are tender and sweet. I have never tasted them, but if the Emperor Tiberius is to be trusted, it would be interesting to see them re-appear amongst the vegetables in common use in this country.

“Corroborating and good for the Stomach, exceedingly nourishing wholesome, and delicate. So valued by the Emperor Tiberius that he accepted them for Tribute.”

—JOHN EVELYN, *Acetaria*, 1699.

“Eat exceedingly sweet.”

—DR. THOMAS MUFFET, *Health's Improvement*, 1655.

“If cooked under the embers they are far more pleasant and of stronger nourishment, agreeing with all sexes and ages.”—*Ibid.*

SKIRRET PIE

Boil your skirrets tender, peel and slice them, and fill your pie with them. To half a pint of cream take the yolk of an egg, and beat it fine. Put to it a little grated nutmeg, a little beaten mace, and a little salt. Beat all well together, with a quarter of a pound of fresh butter melted, and pour in as much as your dish will hold. Put on the top crust, and bake it half an hour. If you cannot get cream, you may put in some milk; and you may add yolks of eggs hard boiled. About two pounds of the root will be sufficient.

—JOHN FARLEY, *Book of London Cookery*, 1787.

GENERAL DIRECTIONS

Skirrets must be scraped and washed and then, like salsify, should be thrown into cold water to which a dessertspoonful of vinegar has been added.

Cook them in milk and water till they are tender and then make a white sauce with the liquid, using plenty of butter. Add a little cream to it and season well.

John Farley's receipt somewhat modified, might be tried.

SORREL

Rumex Acetosa. Perennial. Native of Europe. Season : April to September.

Fr. *Oseille*. Ger. *Sauerampfer*. It. *Acetosa*. Sp. *Acedera*.

For toothache.

"The mouth washed in a decoction of Sorrel."

—LEONARD SOWERBY, *The Ladies Dispensatory*, 1652.

Sorrel is a good aperitive, but as it is somewhat purgative it should be used with discretion.

Sorrel juice is said to be useful for taking out stains on the hands.

Sorrel is bad for arthritis, asthma and chest troubles.

"Sorrel sharpens the appetite, assuages heat, cools the liver, and strengthens the heart, in the making of Sallets [cooked] imparts a grateful quickness to the rest as supplying the want of oranges and lemons."

—JOHN EVELYN, *Acetaria*, 1699.

FRIED SORREL

"Pick, wash and blanch your Sorrel ; then having cut it, fry it in Sweet Butter, with a little Parsley and Chibbol ; when it is fry'd, pour in some Cream, season them, and let them boil over a gentle fire."

—*The Receipt Book* of JOHN MIDDLETON, Cook to the Duke of Bolton, 1734.

GENERAL DIRECTIONS

Sorrel must never be used if it is old. It is best in spring, but the young leaves of successive sowings can be eaten until autumn.

This vegetable is so little grown in England that it is advisable to get seed from France of some mild variety, certain of them being very acid. *Vierge* and *Patience* are recommended.

Pick over the sorrel carefully. If it is tender and young, there is no need to pull off the stalks. Wash it thoroughly and drain it.

Use a thick-bottomed saucepan of earthenware or aluminium.

For a pound of picked sorrel, bring a small half pint of water to the boil. Add the leaves, but not all at once, stirring them steadily with a wooden spoon, till they have softened. Then add more leaves and continue until all are in the pan. Simmer very gently for five minutes, stirring all the time, for sorrel sticks easily to the bottom of a saucepan.

Pour the leaves on to a sieve. Leave them till they are thoroughly drained. (Do not pour cold water through them.) Then chop them finely, or put them through a sieve, and back into the rinsed pan with a heaping spoonful of white *roux*. Cook gently, stirring all the time.

Add a little very good stock, veal if possible, and seasoning. Cover the pot and simmer gently for an hour, stirring from time to time.

Sorrel purée can be enriched with eggs. Whip up together yolks and whites (two to the pound of purée), mix them with a gill of cream; strain them. Let the purée cool a little, then add the mixture and stand the pan in a *bain-marie* (p. 15), stirring till it is thickened. See if your vegetable is rightly seasoned and serve at once.

Or: Cook the sorrel in a little milk after it has been chopped or put through a sieve. Add cream just before serving.

A little sugar should be used in cooking sorrel. If you are afraid of its acidity, add one-third of spinach, lettuce, tetragone or other gentle-flavoured green leaves. Sorrel is excellent with veal or, thickened with egg and cream, as a base for poached eggs.

Two pounds of sorrel will be enough for four persons.

SPINACH

Spinacia Oleracea. Annual. Native of Persia. Season: November to July.

Fr. *Epinard.* Ger. *Spinat.* It. *Spinaccio.* Sp. *Espinaca.*

Spinach was cultivated by the monks in France as early as the fourteenth century. It is mentioned in William Coles' *Art of Simpling*, 1656, as an "herbe lately found and not long in use."

"I know not wherefore it is good savinge to fill the belly."

—TURNER'S *Herbal*, 1568.

"'Tis laxative and emollient and therefore profitable for the aged."—JOHN EVELYN, *Acetaria*, 1699.

Spinach-water is considered good for internal inflammation. Its leaves cooked in oil make an excellent poultice to apply to burns and abscesses.

HOW TO MAKE FRITTERS OF SPINAGE

"Take Spinage and parboil it well, then wringe the liquor cleane from it, then chop it very small, and put it into a

platter and breake some egges into it, then take a handfull of grated bread and put into it, and sugar with a little salte, and beate all these together, but let it not be too thick nor too thinne, but better thicke than thinne, then take a frying pan with some Butter, and when the Butter is a little more than melted, take a Spooone and lay your Spinage in the frying pan every spooneful by it selfe, and so frye it as you would frye Fritters, and put it in a Dish and cast sugar on it.”

“Spinache being boiled soft and then eaten with butter, small currens and sugar, heat together upon a chafing dish giveth no bad nor little nourishment to dried bodies, and is only hurtful to such as be over phlegmatick.”

—DR. THOMAS MUFFET, *Health's Improvement*, 1658.

TO MAKE A FLORENDINE OR MADE DISH OF SPINAGE.

“Take almost a peck of Spinage : when your Kettle boils very fast, throw it in, and let it have half a dozen walms, then put it out into a Cullender and let it drain, and scruse out all the Water ; mince it very small with a pill or two of Orangado, add to it half a pound of boyled Currans, season it with Cinamon, Ginger, beaten Nutmeg and Salt, then put it in your Dish upon a sheet of Paste ; put to it Butter and Sugar, cover and close it ; prick it over and bake it. When it is almost baked, put to it a glass of Sack, a little drawn Butter and Vinegar ; so shake and mingle it together with your knife or spoon : and when you have occasion for it scrape on Sugar, and send it up.”

—WILL RABISHA. *The Whole Body of Cookery Dissected*, 1675.

“Take Spinage and scald it, then mince it, then take Butter and melt it, and fry Onions that are minced small in it, and put to it some strained Pease, put all this into a Pot together with a little Almond Milk, Salt, white Powder and

some Verjuice ; this is a very proper Dish in Lent when it is thus season'd and prepared."

—*The Cuisinier Royal*, Translated from the French by GILES ROSE, 1682.

" Having picked your spinach very clean and washed it in five or six waters, put it in a saucepan that will just hold it, throw a little salt over it, and cover it close. Put in no water, but take care to shake the pan often. Put your saucepan on a clear and quick fire, and as soon as you find your greens are shrunk and fallen to the bottom, and the liquor that comes out of them boils up, it is a proof your spinach is enough. Throw them into a clean sieve to drain, and just give them a gentle squeeze. Lay them in a plate, and send them up with butter in a boat, but never pour any over them."—JOHN FARLEY, 1787.

GENERAL DIRECTIONS

Opinion is divided as to whether spinach should be cooked in plenty of boiling water, or with none, except those drops which hang to the freshly washed leaves. Many French cooks recommend putting spinach into a big uncovered pan of fast boiling water since it keeps its colour best if cooked in this way. In either case the pan used must be of unlined copper, of aluminium or earthenware—*never of iron*.

Spinach must be carefully picked over and all old and discoloured leaves discarded. The stalks are then broken off and the central ribs, if coarse, pulled off. The leaves, which grow very close to the ground, are always dirty and must be washed in several waters. (I find it a good thing, at the end of this process, to put a few of the leaves at a time in an enamel cullender, and let water from the tap run through

them freely. You may then be sure that all grit and dirt has been washed away.) After washing the spinach, cook it at once.

At least half a pound of spinach (weighed before it is picked over) should be allowed for each person. You may count on losing two-thirds in weight between the bought spinach and the finished vegetable.

SPINACH *en Branches*

Spinach cooked whole, or *en branche*, retains its flavour better than if it is put through a sieve.

Prepare the leaves as directed and, putting them either into plenty of fast-boiling salted water, or simply dripping wet into a saucepan, cook them for about ten minutes.

Take out the leaves, pour cold water through them. Drain them on a sieve, pressing them down firmly with the hand to extract all the moisture. Or: they may be rolled in a clean cloth and the liquid pressed out. (This green water should be kept to use in soup.)

Put clarified butter (p. 20) into a pan and cook it gently until it has coloured light brown. Add the spinach and let it simmer for a few minutes.

Add a couple of tablespoons of cream, a little sugar, and seasoning. Stir well together and serve at once.

CANOPES OF SPINACH

Spread slices of freshly toasted bread with anchovy butter. Cover them with a very creamy purée of spinach. On the top of each spread a little rich Béchamel sauce. Sprinkle with grated cheese and brown under a salamander.

SPINACH FLAN

A creamy purée of spinach to which one or more yolks of eggs have been added can be cooked in a tin lined with short

or puff pastry. Care must be taken in the baking that the eggs do not curdle the purée. This is an excellent way of serving spinach.

SPINACH AU GRATIN

Make a purée of spinach (see below). Mix it with a little good Mornay sauce (p. 35). Put it in a fireproof dish, sprinkle it with cheese and a few little pieces of butter, and brown in the oven.

SPINACH GREEN FOR COLOURING

Prepare the spinach leaves as directed. Cook them without water (see p. 241). Drain the leaves thoroughly and pound them in a mortar. Put the contents on to a double thickness of muslin and squeeze the green liquid out into a bowl.

PURÉE OF SPINACH

Prepare the spinach and cook it in water, or without, from ten to fifteen minutes. Drain it on a sieve, pressing out all moisture with the hands.

Put the spinach on a board and chop it finely. (This is very easy to do and is better than putting the leaves through a sieve.)

Put some clarified butter in a pan and let it colour lightly. Add the spinach, season it, not forgetting to put in a coffee-spoonful of sugar.

Let the spinach simmer very gently for twenty minutes. Then, just before you serve it, add a few small pieces of butter. Do not let it cook any longer.

Or: serve *au jus*, that is with a little very good clear brown veal stock poured over it, or *à la crème*, adding the cream at the last moment.

SPINACH PANCAKES

Make a very fine purée of spinach. To one half pint of it add the same quantity of rich batter. Beat together. Season well.

Heat butter in a wide pan and drop in the mixture a spoonful at a time. Turn each pancake once and serve very hot.

Subrics OF SPINACH

Prepare the spinach as for a purée, but keep it thicker by omitting any liquid and by adding some grated parmesan and the yolks of three eggs (to every pint of purée). Keep the whites apart to add, firmly whipped, at the last.

Heat clarified butter in a pan and, having shaped your spinach mixture into quenelles, drop one at a time into it when it is very hot.

When the subrics have browned on one side, turn them over very carefully. When ready, drain them well, and arrange them in a pyramid.

—M. ALFRED SUZANNE. 300 *Manières d'Accommoder les légumes*. (Albin Michel.)

SPINACH SOUFFLE (1)

Cook and finely chop your spinach.

Melt a tablespoonful of butter and stir in the same quantity of flour. When it is smooth, add a teaspoonful of very finely chopped onion. Cook it gently for a few minutes, then add half a pint of spinach purée.

Simmer until the mixture is rather dry (p. 25).

Pour the spinach into a basin. Stir in the yolks of three eggs which have been smoothly mixed with a gill of cream and strained. Season. Add the stiffly beaten whites of three eggs (p. 27).

Prepare a buttered soufflé mould. Pour in a third of the

mixture. Sprinkle it with very finely chopped ham. Add another third and a further sprinkling of ham. Finish with a third layer of soufflé mixture.

Set the mould in a pan containing boiling water and bake in a moderate oven for twenty minutes.

Or: Make a plain spinach soufflé and on top of it lay a number of very thin fillets of anchovy.

SPINACH SOUFFLE (2)

Braise about half a pound of spinach keeping it somewhat stiff and rub it through a sieve. Add to it the yolks of three eggs, two ounces of grated Parmesan and the whites beaten to a stiff froth (p. 30).

Pour the mixture into a buttered timbale, sprinkle with grated Parmesan and bake in a moderate oven.

This soufflé may also be cooked in small cases and will then make an excellent garnish for braised veal or a ham.

—M. HERBERDEAU, the Carlton Hotel.

STEAMED SPINACH SOUFFLE

Take half a pound of carefully selected and washed spinach. Put it in a pan in which you have lightly browned a teaspoon of very finely chopped onion. Let it cook without adding any water—turning it over very gently occasionally. When it is tender take it out and drain it, chopping it as finely as possible on a board. Put it into a basin and add an ounce of fine breadcrumbs that have been soaked in well-flavoured brown stock and then drained.

In a little clear stock mix the yolks of three eggs. Add them to the spinach together with a tablespoonful of very finely chopped ham. Season well. Just before pouring the mixture into a well-buttered pudding or soufflé dish, whisk in the whites (see p. 30). Steam for an hour.

SPINACH BEET or SWISS CHARD BEET

Beta Vulgaris. Biennial. Native of Southern Europe.
Season : Late summer and through winter.

Fr. *Bette.* Ger. *Weisskohl.* It. *Bieta.* Sp. *Bleda.*

The white ribs of this beet when boiled have a pleasant mild flavour. The green part can be cooked like spinach.

Mr. Robinson (*Vegetable Garden*) recommends the Silvery Seakale variety for its flavour.

GENERAL DIRECTIONS

Cut off the root and the green leaves. Cut the white ribs into four inch lengths, and, using a very sharp knife, peel off their outer skin. Put them into cold water.

Cook the pieces in very slightly salted boiling water, for about forty minutes. Drain them and serve them with a white sauce.

The white part of the spinach beet cooked as directed can be served *au gratin* with a Mornay sauce (see Cardoons, p. 120).

SWEET CORN (MAIZE)

Zea Mays. Annual. Native of America. Season : July to September.

Fr. *Maïs.* Ger. *Mais.* It. *Grano turco.* Sp. *Maíz.*

Sweet corn was introduced into Europe from America in the sixteenth century. For the table it is picked while the grains are young. In the United States it is a great delicacy,

but I have never eaten it at its best in England. Possibly it is allowed to ripen too long ; we certainly rarely get it fresh cut. It should be eaten within a few hours of cutting.

Tinned sweet corn is a substitute for the fresh which we cannot afford to neglect in winter : but it cannot compare with green corn.

“ So Mayes in no parte hath either venome or poyson but rather is healthful and maketh a good stomach . . . it must be eaten freshe as soone as it is made, for being dry it is sharpe and troublesome to swallow downe, and doeth offend the teeth.”

—*Joyfull Newes out of the New Founde World*, Englished by J. FRAMPTIN, 1577.

TO COOK FRESH GREEN CORN

Prepare the heads by stripping off the husk and cutting away the “silk” and put them into cold water for a quarter of an hour. Drain them. Put them into cold water and bring it very slowly to the boil. Cook for twenty minutes ; if they are not tender then, they will not be worth eating.

The corn can be served as it is, on the ear, together with melted butter. Eating it is a messy but pleasant occupation.

Or, the corn can be cut off the ear with a very sharp knife, mixed with a little butter, cream and seasoning and served very hot.

It can also be eaten *au gratin* mixed with a little good white sauce and cream. Put the mixture, well-seasoned, into scollop shells and brown in the oven.

TINNED SWEET CORN

There are various brands on the market. The best should

be found and kept in the store-cupboard as a resource when other vegetables fail.

Drain the liquid from a tin of corn. Add to it a little butter, cream and seasoning, and heat it.

Or : cook the corn *au gratin* as for fresh corn.

SWEET CORN FRITTERS

Take a small tin of American sweet corn, drain the liquid off from it. Add an equal quantity of well-seasoned Béchamel sauce and stir into the mixture a dessertspoonful of sifted flour with which you have incorporated a small teaspoonful of baking powder.

Add the yolks of two eggs and beat well together. Season. Whip the whites till they are very stiff and whisk them in with the corn just before you are ready to fry the fritters.

Drop the mixture by tablespoons into hot fat (p. 22). Keep the croquettes well separated and turn them once. When they are golden brown, take them out with a skimmer, drain them and serve at once.

These fritters are very good with chicken.

TETRAGONE or NEW ZEALAND SPINACH

Tetragonia expansa. Annual. Native of New Zealand.
Season : Summer.

Fr. *Tétragone*. Ger. *Neuseeländischer Spinat*. It. *Tetragona*.

Tetragone was brought to England from New Zealand at the time of Cook's voyage (1720). I have never seen it in any kitchen garden in this country, but in Burgundy, after the long drought of 1929, I saw patches of it, green and luxuriant, and was told that it had been cut from again and again and

that it was the most satisfactory of summer spinaches.

Tetragone should be prepared and cooked like spinach.

THISTLE ROOTS

Scolymus hispanicus. Biennial. Native of Southern Europe.
Season: September and through the winter.

Fr. *Scolyme*. Sp. *Escolimo*. It. *Barbagentile*.

“Thistle roots (when they first spring) are exceedingly restorative and nourishing being sodden in white Broth, or else baked in Tarts or in Pies.”

—THOMAS MUFFET, *Health's Improvement*, 1658.

“Few men would think so good meat to lye hidden in so base and abject an herb had not trial and cookery found out the vertue of it.”—*Ibid*.

GENERAL DIRECTIONS

Thistle roots can be cooked in the same ways as salsify, but I have never tried them.

TOMATOES

Lycopersicum esculentum. Annual. Native of South America.
Season: All the year.

Fr. *Tomate*. Ger. *Tomate*. It. *Pomodoro*. Sp. *Tomate*.

The tomato, or love-apple, has a very short commercial history in this country although it was introduced into

England in the sixteenth century. The London Horticultural Society mentions it for the first time in 1818. It then passed through a long period of limited popularity. Now it may be bought everywhere all through the year. Our own home-grown tomatoes are excellent, but owing to their cost in winter, English supplies have to be supplemented greatly from abroad.

More interest might be shown in the selection of the varieties grown in English vegetable gardens. There is, for instance, a medium-sized deep red tomato much used in France, which is very firm, as well as beautiful, and which is equally good cooked or uncooked. I have never eaten its like here. There is also a pear-shaped variety ("fig" tomato) which is grown in England but which seldom appears. It keeps well. The "Blenheim Orange" tomato, bright orange in colour and of excellent flavour, might also be more grown and used.

Tomatoes are not good for gouty or arthritic patients.

GENERAL DIRECTIONS FOR COOKING TOMATOES

Select firm but ripe tomatoes for cooking. (If it is not possible to get good fresh tomatoes, use tinned. There are some excellent brands. The tomato is said to lose less by preserving than any other vegetable.)

Remove the stalk of the tomato and cut off the hard part which surrounds it. Then wipe it with a soft cloth.

It is often necessary to remove the very indigestible skin of tomatoes. This is easily done by immersing them in boiling water for a moment or two. The skin can then be peeled off with a silver knife, or, for the matter of that, with the fingers. Most of the seeds should be pressed out, for they also are indigestible.

Whenever milk is used with tomatoes a pinch of bicarbonate of soda should be added to them.

Sugar should be added in cooking tomatoes. Discretion is necessary, for a very little sweetness mitigates the acidity of the cooked fruit.

BAKED TOMATOES (1)

Choose large firm tomatoes and cut them in half, squeezing out the seeds. Butter a fireproof dish and lay the tomatoes in it. Put a small piece of butter on each, sprinkle them with salt, freshly ground pepper, a very little powdered sugar and some finely chopped chervil and tarragon.

Bake in a fairly quick oven for about twenty minutes, basting them occasionally with the butter as it falls into the dish.

A little Béarnaise Sauce (p. 33), may be put on each.

BAKED TOMATOES (2)

Prepare several tomatoes and peel them. Press out the seeds. Cut into thick slices and lay them on a buttered dish. Sprinkle them with salt, freshly ground pepper, a little sugar and either tarragon and chervil, finely chopped, or parsley. Add a few small pieces of butter and cook gently in the oven for about twenty minutes.

TOMATO FONDU

Take a cupful of well-seasoned tomato that has been stewed (p. 256), adding to it a good pinch of bi-carbonate of soda and a coffeespoon of sugar.

Mix the tomato with the same quantity of good Béchamel sauce and two tablespoons of freshly grated gruyère or parmesan. Work over the fire till the cheese has melted. Let the mixture come off the boil, then stir in the yolks of two eggs which have been mixed with a very little milk and strained. Serve as quickly as you can on rounds of buttered toast.

It is important that this *fondue* should be well and rather highly seasoned. A little Cayenne may be used.

TOMATOES AU GRATIN

Prepare and skin half a dozen medium-sized tomatoes. Slice them. Brown an onion which has been thinly sliced in a little butter, colouring it very slightly.

Butter a fireproof dish and put a layer of sliced tomatoes in it. Season them with salt and freshly-ground pepper and sprinkle a very little castor sugar on them. Cover this first layer with a sprinkling of the cooked onion and a very little grated cheese, either gruyère or parmesan. Repeat the layers till the dish is full. Pour a little clarified melted butter over all. Sprinkle with breadcrumbs and grated cheese.

Bake in the oven for about forty minutes.

A layer of thinly sliced potatoes can be substituted for one of tomatoes.

TOMATOES AND BREADCRUMBS AU GRATIN

Slice a number of skinned tomatoes rather thinly. Put a layer of them in a buttered fireproof dish. Sprinkle them with a little salt, freshly ground white pepper, and a very little sugar. Over this layer spread very fine breadcrumbs. Repeat the layers, finishing with one of breadcrumbs. Pour a little melted clarified butter over all, and add some finely grated gruyère.

Bake in the oven for about forty minutes.

TOMATOES AND BOILED RICE AU GRATIN

Take equal quantities of skinned and sliced tomatoes and well-boiled rice (p. 25).

Lightly colour a dessertspoonful of very finely chopped onion in butter. Add to it three heaping tablespoons of

prepared egg-plant (p. 152), and a few chopped sautéed mushrooms. Mix altogether, seasoning well, and adding, if you like it, a tablespoonful or two of freshly grated gruyère.

Put the mixture into a buttered fireproof dish. Sprinkle it with a few small pieces of butter, and bake it in the oven for at least half an hour.

GRILLED TOMATOES

Choose very firm, though ripe tomatoes of equal size. Pull off the stalks and remove the hard piece at the bottom of each.

Oil the grill, place the tomatoes stalk-end upwards. Put a tiny piece of butter on each. Cook slowly under very gentle heat, basting occasionally with butter.

TOMATO JELLY

Cook a number of tomatoes with a clove, a few leaves of tarragon, a coffeespoonful of chopped onion, a little sugar and seasoning. When they are tender, press out the juice through a cloth or through double muslin.

To every pint of tomato juice add half an ounce of melted gelatine. Stir well until the mixture begins to cool. Pour it into a china mould and set it on ice.

Chopped olives may be added to the jelly which is pleasant to eat with cold meat, or to use as a border for a vegetable salad.

TOMATO SOUFFLE

Make a pint of tomato purée by cooking the tomatoes with a small bouquet, seasoning and a heaped teaspoonful of chopped onion that has been browned in butter, for half an hour, then putting them through a sieve and adding a coffee-spoonful of sugar. If you have it, add a little mushroom essence.

A heaping tablespoonful of chopped, well fried egg-plant (p. 152), is an excellent addition.

Put the purée back on the fire and add a pinch of bicarbonate of soda (p. 250) and three tablespoons of white *roux* (p. 29). When it is smooth and well mixed, take it off the fire. When slightly cooled, add three yolks which have been strained. Stir together and pour into a basin. Add the stiffly beaten whites and bake for about twenty minutes (see soufflé making p. 29).

PUREE OF TOMATOES

This purée can be made of fresh or tinned tomatoes.

If fresh tomatoes are used, dip them in boiling water and remove their skins. Cut them in half and press out the seeds.

Cut up the tomatoes and put them in a saucepan with a small finely-chopped onion, a very small bouquet and a little sugar. Put on the lid and simmer gently for half an hour.

Take out the bouquet and put the tomatoes and onion through a hair sieve, then back into the well-rinsed saucepan. Simmer gently until the purée is very thick. Add seasoning.

STUFFED TOMATOES

The meat used for stuffing tomatoes should be cooked. It must be freed of all fat and gristle and chopped very finely.

Breadcrumbs when required should be mixed with a little good gravy or stock, then drained. Meat and breadcrumbs should be used in equal proportions.

When the tomato pulp is used, it is best to reduce it by quick cooking in a very little butter.

Seasoning is very important.

Very firm tomatoes should be used, the larger the better. If very big they can be cut in half. If medium-sized, cut a piece off the stalk end of each. In either case let them all be

the same size. Gently squeeze out the seeds and excess of moisture and with a spoon remove as much as possible of the pulp without breaking the skins.

Place the tomatoes in a pan and put them in the oven for a few moments. Remove them and turn them upside down to drain. Then sprinkle seasoning in each and fill with stuffing. Stand the tomatoes in the fire-proof dish in which they will be served. Put a little melted butter in it. Baste the tomatoes from time to time. Brown well.

The time taken to bake stuffed tomatoes varies from twenty minutes to half an hour. A moderate oven is best.

VARIOUS STUFFINGS FOR TOMATOES

1. Take equal quantities of very finely chopped veal and breadcrumbs which have been soaked in stock and squeezed out as dry as possible. To this add a teaspoon of chopped onion that has been cooked, but not coloured in butter, a touch of garlic if you like it, and a little of the tomato pulp. Season well. To half a pint of the stuffing add the yolks of two eggs.

2. Make a mixture of breadcrumbs which have been soaked in gravy and well drained and finely chopped cooked veal or chicken to which a little chopped ham has been added. Add finely chopped onion which has been lightly browned in butter and drained and a touch of grated horseradish. Season well and bind with a slightly thickened gravy—either chicken or veal.

Chopped mushrooms cooked in butter may be added to this stuffing.

3. Make a stuffing of some of the tomato pulp reduced by cooking in a little butter, an equal quantity of breadcrumbs, a little very finely chopped parsley, and some finely chopped anchovies out of which some of the saltiness has been extracted by soaking them in fresh water. Season well and add

finely chopped tarragon and chervil. Bake as directed.

4. Make an onion purée (p. 194). Fill the tomatoes with this. Sprinkle with breadcrumbs, freshly grated cheese and small pieces of butter.

5. Make a thick purée of tomato pulp cooked in butter with a little finely chopped chervil and tarragon and seasoning, adding a touch of onion juice. Add an equal quantity of fine breadcrumbs or cooked rice and a little grated horseradish. Fill the tomatoes, sprinkle with breadcrumbs, grated cheese and tiny pieces of butter.

A little chopped egg-plant which has been cooked in butter can be added to the tomato when cooking it. The two flavours blend admirably.

STEWED TOMATOES

Prepare and skin half a dozen very firm tomatoes as directed. Cut them into quarters.

Heat a tablespoon of butter in a pan. To it add half an onion finely chopped. Let it colour lightly. Then add the tomatoes, a very small bouquet of herbs and a lump of sugar. Put the lid on, simmer until tender, stirring from time to time with a wooden spoon. Season well, and, if you like the flavour, add a very little spice. Remove the bouquet before serving.

A little bacon, finely chopped and fried separately, may be added to the tomatoes. Cooked in this way, without spice, tomatoes are excellent poured over a dish of macaroni.

TOMATO MOUSSE

Skin half a dozen firm large tomatoes. Cut them across in half and press out the seeds. Cut them in pieces and simmer them in a little butter with a teaspoonful of chopped onion, a few chopped mushrooms, two or three tarragon leaves, a

teaspoonful of sugar, a pinch of bi-carbonate of soda dissolved in water, salt and freshly ground pepper, until tender.

Remove the clove and put the mixture through a fine sieve. Taste it to see if it is rightly seasoned.

Melt some gelatine (p. 24), and add it in the proportion of half an ounce to a pint of purée.

Pour the mixture into a basin and stir it till it begins to set, then add a gill of stiffly-whipped fresh cream. Whip well together and pour into a china mould.

Serve very cold.

If a hollow mould is used, the centre of the mousse when turned out can be filled with a delicate green or vegetable salad, or with a purée of green peas.

GREEN TOMATOES

We very seldom use green tomatoes in this country being content to throw them away in our uneconomical fashion. They are good cooked as directed below, and they make an excellent chutney (p. 341).

BAKED GREEN TOMATOES

Boil one pound of green tomatoes till they are soft. Peel and slice them.

Put a layer of tomatoes in a fireproof dish having lined it with thin slices of bacon. Sprinkle them with grated parmesan. Repeat the layers. Sprinkle with seasoning and small dabs of butter. Pour a little stock over all and cover with bread-crumbs. Bake until golden brown.

—MRS. DENIS O'SULLIVAN.

FRIED GREEN TOMATOES

Dip the tomatoes into boiling water and remove their skin when it has loosened. Cut them into slices about half an inch thick. Press out the seeds.

Sprinkle the slices with salt, freshly ground pepper and a little sugar. Set them aside for half an hour on a hair sieve to drain.

Egg-and-breadcrumb the slices and fry them in very hot fat.

STEWED GREEN TOMATOES

These can be cooked in the same way as ripe tomatoes, except that a little more sugar will be needed.

For Tomato Jam and Sweet Jelly see p. 347.

Tomato Catsup (see p. 344).

TURNIPS

Brassica Napus. Biennial. Native of Europe or Western Asia. Season: Autumn and Winter.

Fr. *Navet*. Ger. *Gelbe Rübe*. It. *Navone*. Sp. *Nabo*.

Turnips have been cultivated since the earliest times and figured in old herbals and cookery books as both turnips and nauewes. More attention might be given to their culture. If well-grown in good soil they are excellent: hard and stringy, they are not worth cooking.

Against Gout.

“A decoction to foment the diseased part in gout of Armes and Legges.”

—LEONARD SOWERBY, *The Ladies Dispensatory*, 1652.

In the sixteenth century a decoction of “seeds of wild turnip” was recommended to “make the Face smooth and give it a Luster.”

Turnips boiled in milk are good for chest troubles.

Boiled, crushed and used as poultices they give relief to

gouty joints and can be applied to whitlows, chilblains and abscesses.

“Turnepes being well boyled in water, and after with fatte fleshe, norysheth moche.”—ELYOT, 1539.

John Evelyn recommends Turnip Bread—“hardly to be distinguished from best of Wheat.”

“Let the turnips first be peeled and boiled in water till soft and tender. Then strongly pressing out the juice, mix them together and when dry (beaten or pounded very fine) with their weight of Wheat Meal. Season it as you do other bread and knead it up. Then letting the Dough remain a little to ferment, fashion the paste into loaves and bake it like common bread.”—*Acetaria*, 1699.

TURNIP STALKS

“Take their Stalks (when they begin to run up to seed) as far as they will easily break downwards : Peel and tie them in Bundles. These boiling them as they do Sparagus are to be eaten with melted Butter.”—*Ibid.*

TO MAKE TURNIP DRINK

“Pound your turnips and press them through a Hair-bag ; then let it stand a Day or two in the open Tun, or only covered with a cloth or boards to keep it from the Dust, or in a Hogshead or other vessel not quite full, with an open Bung, till the more gross parts subside ; then draw it off, and put it into the Vessels you design to keep it in longer, leaving them about an eighth part empty. Let the Vessels stand in a Cellar, with the Bung open, or covered only with a loose Cover, that there may be a free evaporation of the volatile particles of the Liquor. If you make this drink in very cold Weather, it will be requisite to treat the Liquor in a Copper,

something more than Blood-warm to make it ferment ; or you may put the yeast to it for the same purpose."

—*The Receipt Book of JOHN NOTT*, 1723.

BOILED TURNIPS

Scrub and peel the turnips and cut them in quarters unless they are very young. Put them in boiling water and cook them until they are tender. (This will take half to three-quarters of an hour.) Or they may be cooked in a little stock and will be the better for it. They may be served with a white sauce to which a little mustard has been added, or they can be cut into dice and put into a white sauce to which cream has been added.

TURNIPS WITH CHESTNUTS

Glaze (see below) a number of very small young turnips. When they are tender and well-browned, add cooked chestnuts to them. Season well. Cover them with sufficient stock. They should not absorb it all.

GLAZED TURNIPS

Blanch young turnips in boiling salted water for ten minutes. Take them out, drain and dry them. Cut them into small dice-shaped pieces or, with a cutter, shape them like olives. Heat a tablespoon of butter in a pan. Put in the turnips and let them cook, sprinkled with a little flour and powdered sugar, until they are well coloured. Then add a gill of good brown stock or gravy. Cover the pan with a greased paper and put it in the oven to finish cooking. Shake it occasionally to prevent the turnips from sticking to the bottom. By the time they are ready to serve, the stock should have been all absorbed. Season.

TURNIPS AU JUS

Blanch several medium-sized young turnips in boiling water for five minutes. Drain and dry them thoroughly.

Put butter in a pan and when it is very hot, add the turnips, together with a coffeespoon of sugar. Let them colour lightly. Then add a little good brown stock and simmer, closely covered, for an hour. The stock, in this case, should not all be absorbed. If the turnips get too dry during the process of cooking, add more hot stock. Season well.

TURNIP PUREE

Prepare the turnips. Cut them in slices and cook them until tender in salted boiling water. Strain the water off and put the turnips through a coarse sieve. Put them back into the pan with butter and half a gill of good stock. Season well. Cook until the purée is of the desired consistency.

The turnips may be slightly browned in butter first. This will add to the goodness of the flavour of the purée.

One-third of potatoes may be added to two-thirds of turnips. Swedes make an excellent purée.

STUFFED TURNIPS

1. Take a dozen turnips—egg-sized. Round them, wash them and blanch them in salted boiling water. Drain them on a sieve. Make a round incision in the top of each and remove a good part of the pulp with the handle of a spoon. Put this through a sieve. Mix with it a little tomato purée (see p. 254), breadcrumbs, salt, cayenne and chopped sweet herbs. Reduce the mixture over the fire. Add the yolks of one or two eggs. Stuff the turnip shells with the mixture and then place them in a buttered pan. Add a little concentrated veal stock. Cover with buttered paper. Cook until the stock is much reduced and thickened. Take out the turnips and serve them with a white sauce to which a little cream has been

added.—M. SUZANNE, 500 *Recettes pour accomoder les Légumes*. (Albin Michel.)

Or: a tomato sauce can be used to which the stock in which the turnips are cooked should be added.

2. Brown the turnip pulp which has been removed lightly in butter. Add to it some well-cooked rice and a little minced duck. Drain well. Bind with the yolk of an egg and a little thickened brown gravy. Season and add a pinch of sugar. Fill the turnip shells. Sprinkle them with bread-crumbs and tiny pieces of butter and brown in the oven.

3. Peel a number of fairly large turnips. Boil them until they are tender.

Scoop out the middle part of each turnip. Rub it through a sieve together with about a third of its weight of semolina that has been cooked in milk. Season and add a little butter.

Fill the turnips with this mixture, sprinkle each with grated cheese and bake in the oven for about fifteen minutes, by which time they should have coloured golden-brown.

Serve with melted clarified butter or good clear gravy.

—COUNTESS BENIGSEN.

TURNIP TOPS

These, if young, can be boiled, chopped and mixed with a little butter and seasoning. The stalks should be removed before cooking.

VEGETABLE MARROW

Cucurbita pepo. Annual. Season: July to October.

Fr. *Courge*. Ger. *Speise Kürbiss*. It. *Zucca*. Sp. *Colabaza*.

No vegetable is less worthy of good cooking than the giant marrow commonly sold in shops or raised in gardens to

the glory of those gardeners whose ideal is size. A large variety of this vegetable is grown in France for feeding cattle, and most of those on the market in England deserve no better destiny. On the other hand, a young marrow, though somewhat tasteless, is tender, delicate and digestible. A steady demand for a sacrifice of these innocents would bring about a supply.

Much pleasanter and better flavoured than our own varieties are the marrows known as *courgettes* in France and *zucchini* in Italy, the fruit of which is picked when young and immature. Hot weather is necessary for their quick development, but in a very hot summer, there should be no difficulty in raising this delicious vegetable. Mr. Robinson notes that all through Italy the *zucchina* is picked when it is about the size of a small cucumber—generally before the flower has opened, and that this early cutting causes the plants to produce very freely.

Among small French varieties, *Des Moines* can be recommended. It is described in Vilmorin's catalogue as having orange-pink flesh and being very prolific. *Blanche non Coureuse* is among those recommended for cutting young. Enterprising vegetable growers should also try one of the best Italian kinds.

Custard marrows are attractive to look at and may, under certain conditions, be good to eat. I have always found them floury and tasteless.

GENERAL DIRECTIONS

Small marrows may be cooked whole.

Larger marrows should be peeled and sliced and all their seeds and stringiness removed.

When boiling marrows, it is best to use a mixture of half milk, half water (both boiling) and to add a little onion to the

pot. The liquid should be used for making a sauce or for the very delicious marrow soup (p. 71).

Plain boiled or steamed marrow is best served with seasoned melted *noisette* butter (p. 20). Very finely chopped parsley should be added.

To boil, about 20 minutes.

To cook in stock, about 20 minutes.

To steam, for a small marrow, 30-45 minutes.

To bake sliced marrows: 30-45 minutes.

Here are ways of cooking the larger marrows.

MARROW AU GRATIN

Peel the marrows and cut them across in slices about two inches thick. Remove all the seeds and stringiness. Sprinkle them with salt and set them on a sieve for half an hour. Blanch the slices for ten minutes in salted boiling water into which you have put a slice of onion. Take them out and drain them thoroughly.

Arrange the slices side by side in a wide deep fireproof pan. Cover them with a little good Mornay sauce (p. 35). Sprinkle them with brown breadcrumbs and freshly grated gruyère. Put them in a moderate oven to cook till tender, covering them with greased paper. When finished, brown under the grill.

A good Béchamel sauce which has been flavoured with vegetables (p. 32) can be used instead of the Mornay sauce. Sprinkle with breadcrumbs and cheese, if you wish.

A more simple form of marrow *au gratin* is prepared in this way.

The well seasoned blanched and sliced marrow is sprinkled with grated gruyère and very small pieces of butter and baked in the oven. Keep the dish covered with greased paper until it is nearly done. Then brown quickly.

STEWED MARROW

Cut a marrow into strips about an inch and a half long and the thickness of your thumb. Put them in a bowl, sprinkle them with salt and leave them for about half an hour. Then wash and drain them. Put them into a pan with a piece of butter, a pinch of pepper, a coffeespoon of sugar, a bouquet of herbs and a little stock. Simmer them gently until they are tender. Then take them out and drain them.

Further: cut two onions into dice-shaped pieces and cook them in hot butter. When they are coloured light brown, take them out, drain them and add them to the marrow. Mix an Espagnole sauce (p. 34) with the two vegetables. Re-heat, adding a little blanched and finely chopped parsley and serve surrounded with fried sippets of bread.

Set aside the stock in which the marrow was cooked to use with other vegetables for soup.

VEGETABLE MARROW (Hungarian Receipt)

Take a medium sized vegetable marrow, about two pounds in weight, cut it in half, peel it and remove all seeds and stringiness.

Cut it into strips no thicker than matches. Sprinkle them with salt and put them on a sieve for half an hour.

Make a *roux* (p. 29) with a dessertspoonful of dripping or butter and two tablespoons of flour. Add to it half a small onion finely chopped. Cook for a few moments, but do not let the onion brown.

Press the moisture as much as possible out of the strips of marrow. Add them to the *roux* with a little water and two tablespoons of vinegar (this is to keep the marrow firm) and a piece of dill. Cook very slowly, stirring often. A few minutes before serving, add a little more vinegar and seasoning.—MME. DE SZASZ.

STUFFED MARROWS

Peel a marrow and cut it across in rings about an inch and a half thick. Remove the seeds and stringiness, sprinkle with salt and place on a sieve for half an hour. Cook for fifteen minutes in salted boiling water. Take them out, drain them thoroughly and place them side by side in a wide fireproof dish which has been lightly buttered.

Prepare a savoury mince to which a little rice may be added. Fill the circles with it. Put a spoonful of very good brown or Madeira sauce on each and sprinkle with breadcrumbs. Bake for about ten minutes in a moderate oven and finish under the grill.

This dish should never be kept waiting and it must be served very hot.

MARROWS A LA LYONNAISE

Marrows prepared and cut into finger-lengths and cooked, can be added to onions which have been sautéed in butter with a little flour until golden brown.

PUREE OF MARROW

This dish is best made with young marrows. It is so delicate and digestible that its lack of any very definite flavour may be forgiven. It must be served very hot.

Peel the marrows, prepare them as directed and cut them into slices or quarters. Boil them in milk and water or steam them until tender. Mash them carefully. Put them back into a pan with a little butter and seasoning. Just before serving add a tablespoon of cream.

LITTLE MARROWS—COURGETTES

Courgettes may be boiled or steamed and treated in the same way as vegetable marrows.

STUFFED COURGETTES

Cook a number of unpeeled courgettes in slightly salted water, having cut each in half. Take them out and remove the flesh and chop it. (Leave the skin intact.) Put this in a bowl. Add some breadcrumbs which you have soaked in stock and pressed out, a beaten egg, salt and pepper, a touch of garlic, a little parsley and grated cheese. Mix well. Fill the courgette shells with this stuffing and put them in a shallow fireproof pan which has been rubbed with butter. Sprinkle with cheese, breadcrumbs and butter. Brown in a very hot oven.

An old French receipt recommends the addition of chopped almonds to the stuffing.

FRIED COURGETTES

Very young courgettes may be peeled and sliced and boiled—for about five minutes. The slices should then be taken out of the water, thoroughly drained, rolled lightly in flour and fried in butter till pleasantly browned.

WATERCRESS

Nasturtium Officinale. Perennial. Native of Europe.
Season: All the year.

Fr. *Cresson.* Ger. *Brunnenkresse.* It. *Nasturzio Acquatico.*
Sp. *Berro de agua.*

The ancients believed that to eat watercress made a man firm and decided: the plant was in great request.

“Xenophon saith that the Persian children going to

School, carry nothing with them to eat and drink but cresses in the one hand and bread in the other, and an earthen cruse at their girdle to take up water in."

—DR. THOMAS MUFFET, *Health's Improvement*, 1658.

Against the Hickop.

"Seed of watercresses drunke in wine."

—LEONARD SOWERBY, *The Ladies Dispensatory*, 1652.

To take away Freckles.

"Watercresses bruised and applyed."—*Ibid.*

"Watercress pottage is a good remedy to cleanse the blood in Spring, and helps head-aches and consumes the gross humours winter hath left behind: those that would live in health may use it if they please, if they will not, I cannot help it. If any fancy not pottage, they may eat the herb as a salad."—CULPEPER'S *Herbal*, 1653.

"The juice mixed with vinegar is very good for those that are dull and drowsy, or have the lethargy."—*Ibid.*

WATERCRESS PUREE

Be very sure that your watercress comes from a safe source.

Pick it over carefully, discarding any discoloured leaves. Wash it in several waters. Put it into boiling salted water and let it cook for about twenty minutes. Take it out and drain it. Put it through a sieve and back into a saucepan with some white *roux*. Mix well together. Season and, just before serving, add a little more butter in small pieces, or a little cream.

This purée, if fairly thick, is a pleasant garnish for *filets mignons*, or any small-sized steaks.

It is also good with chicken.

YAM

Diocorea Batatas. Perennial. Native of China. Season : November.

Fr. *Igname.* Ger. *Chinesische Yam.* Sp. *Igname.*

The yam was brought to France in 1848 by the French Consul at Shanghai. It has been experimented with in Ireland, and, to a small extent, in England, where it is procurable. It resembles the potato, but is very long in shape and frequently weighs two pounds. It is perfectly hardy. The flesh is white, the flavour mild and floury, and slightly sweeter than the potato. It can be left in the ground all winter.

BAKED YAMS

Wash and peel the yam (you will probably only want one), roll it in flour and bake it in the oven till tender. Serve with butter, pepper and salt.

MIXED VEGETABLES

I give under this heading a few vegetable dishes which do not fall under the various other headings.

BUTTERE WORTES

“Tak al maner of good herbes that thou may gete, and do by hem as is foresaid; put hem on the fire with faire water; put there-to clarefied butter a grete quantite. Whan thei ben boyled ynogh, salt hem; let none otemele come there-in.”—*A Boke of Kokery*, 1450. (Harleian MS.)

MACEDOINE OF VEGETABLES

The best way of making a macedoine of vegetables is to braise them in butter. It is excellent made of winter vegetables if they have been properly blanched (p. 16), but more delicate when young summer stuff is used.

Prepare and blanch the winter vegetables having sliced or chopped them. Onions, carrots, leeks, turnips and celery can be used. Drain them thoroughly.

Into a pan provided with a well-fitting lid put from two to four ounces of the best butter. When it is hot add the vegetables, sprinkling a little salt between them. Put on the lid and let the butter come to the boil. Then reduce the heat and let them simmer as gently as is humanly possible for about an hour. This slow cooking will keep them from any fear of frying, and the result should be a fresh and delicate macedoine.

Young vegetables will not require the preliminary blanching.

GREEN OR SUMMER STEW (*Hungarian Receipt*)

Fry two large onions, thinly sliced, in plenty of butter till they are golden brown. Add one pound of sliced green peppers. Cook them until they are tender. Then add two ripe tomatoes freed from their seeds and a large potato which you have grated finely. Cook altogether for half an hour.

Just before serving stir in the yolks of three eggs diluted with a little stock. Do not let the vegetables boil after they have been added.—MME. DE SZASZ.

MIXED VEGETABLE CROQUETTES

Blanch a number of vegetables, peas, broad beans, finely sliced carrots, onion, beans, etc. Drain them thoroughly. Cook them very gently in a little butter, without letting them colour. When they are ready, drain them again. Mix them with a little white sauce and the yolk of an egg, form them into croquettes, roll them in flour (p. 19) and fry them in hot fat (p. 22).

VEGETABLE GALANTINE

The night before this dish is required, cook three ounces of macaroni in salted water. Cook separately in salted water (p. 106) four ounces of lentils together with a little onion, a bouquet of thyme and a bay leaf.

The next day soak five ounces of fine breadcrumbs in water. On a board chop very finely one hard boiled egg and two tablespoons of stoned and chopped black olives. (If these are unobtainable, use one or two carrots. These can be cooked with the lentils.) Chop a medium sized onion finely and let it brown lightly in two ounces of butter in a big saucepan. Add to it the macaroni, lentils, breadcrumbs (out of which you have squeezed the water), the egg and olives, a tablespoonful of grated gruyère and a whole beaten egg. Mix well together. Butter a mould and pour the mixture into it.

Cover it with a piece of greased paper and bake it in a moderate oven for two hours. Take it out and set it where it will keep warm for twenty minutes : then turn it out. If it is to be eaten cold, leave it in the mould till the following day. (The galantine will turn out easily if the mould is dipped for a minute or two in hot water.)

—DR. CORTON, *La Cuisine Simple*. (Maloine et fils, Paris.)

VEGETABLES IN PASTRY

Vegetable *flans*, or tarts, as they were called in the seventeenth and eighteenth century, were once very popular in England. Their contents, spinach, leeks, mushrooms, potatoes, were often complicated by the addition of spices, herbs, lemon, cream and eggs. In France nowadays the *flan* is simple and delicate and one made of mushrooms or spinach forms a very pleasant entrée. Receipts for these are given under various vegetable headings. Their success depends greatly upon the goodness of the pastry and the careful baking. The pastry should be rather short; and the time given to baking should be short also. The bottom crust must not be allowed to become sodden.

The Cornish pasty or pie should be pleasant eating for people of simple tastes. Miss Edith Martin, who has allowed me to quote one or two receipts from her interesting collection of *Cornish Recipes*, gives this information with regard to the making of the pasty.

"The pasties are cut out in rounds, filled and folded over to form a semi-circle [a turn-over, in fact], the edges damped and pressed down with the fingers to make a pattern. A slit is made in the centre and they are baked in a quick oven.

"When the pasties are being made, each member of the family has his or hers marked at one corner with the initial of the prospective owner. . . .

"The true Cornish way to eat a pasty is to hold it in the hand, and begin to bite it from the opposite end to the initial, so that, should any of it be uneaten, it may be consumed later by its rightful owner."

HERBY PASTY

Prepare pastry as for ordinary pasty. Well wash equal quantities of parsley, bits (a herb special to Cornwall), shallots (early), half quantity spinach. Prepare some slices of bacon cut into small pieces and an egg well beaten. Pour boiling water over the parsley, bits and spinach that have been cut into small portions, and let stand for half an hour, well squeeze all moisture out. Put on pastry with the shallots cut finely and the bacon, pinch up the edges of the pasty, allowing a small portion left open for the egg to be added, finish pinching and bake.

Turnips and potatoes with a lump of butter or cream are used in this way. So is boiled broccoli.—*Cornish Recipes*.

HERBY PIE

Take two handful of parsley leaves, one of spinach, mustard cress, white beet leaves, and one handful of finely sliced lettuce hearts, three or four borage leaves and a dozen chives. Wash these herbs well, and boil them for three or four minutes. Drain the water from them, chop them small, season with salt and pepper and spread them in a buttered dish. Make a batter with five tablespoonsful of flour and a pinch of salt, mixed smoothly with two eggs and as much milk as will bring it to the consistence of thick cream. Pour this over the herbs, stir all well together and bake in a moderate oven. If liked the edges of the dish can be lined with good pastry.—*Ibid*.

MIXED VEGETABLE TART

Make some very light puff paste and line a dish with it. Fill it with alternating layers of creamed spinach, chopped leeks and sliced cooked potatoes. Season well, sprinkle with small pieces of butter and bake in a quick oven. If your pastry is good this is a very pleasant entrée.

PIROGS

In Russia a dough is made, filled with vegetables, and out of it *pirogs*, large or small, filled with vegetables, are formed. These are served with soups, but can be eaten separately. They are very good.

The Polish variety of *pirog* is called *bigo*. I give below the receipt for a cabbage stuffing. The lady to whom I am indebted for the rule tells me that her English and American visitors very much appreciate the dish. The dough used resembles the Russian preparation, *i.e.* it is a dough mixed with eggs.

Make a dough as follows :

Put half a pound of flour into an earthenware bowl. Add three-quarters of an ounce of yeast which has been mixed with a glass of tepid water. Mix well together. Then cover the bowl and leave it in a warm place for an hour. (By this time the dough should have risen to twice its original size.) Beat into it three yolks of eggs, a little salt, a little sugar and half a glass or so of tepid milk or water. Mix well with a wooden spoon. Add half a pound more flour.

Put the dough on a board with a half pound of butter. Rub it well in with the hands. Then knead the dough until it no longer adheres to the board or to the hands. Leave it in a warm place for another two hours. It will continue rising.

Roll it out on a board.

Boil a pound of carrots in salted water. Boil two eggs for fifteen minutes. Chop both very finely and add a little butter and seasoning.

Cover the dough with this mixture, fold it over, pinching the sides well together. Leave it for fifteen minutes, then put in on a greased tin in a hot oven and bake it a golden brown.

Serve hot with butter, or cold.

Carrots may be replaced by cabbage, chopped finely and mixed with eggs and a little butter. Or with cooked rice, cooked mushrooms and eggs.

One large *pirog* may be made or the dough can be divided into small boat-shaped patties. These should be sprinkled with parsley and handed separately.

—COUNTESS BENIGSEN.

STUFFING FOR POLISH BIGOS

Slice a head of cabbage very finely. Boil it for a few minutes in salted boiling water. Take it out and drain it thoroughly.

Melt a heaping tablespoon of butter in a pan, add the cabbage and cook it over a quick fire, stirring it continually for a few minutes. Remove it and add a finely chopped hard-boiled egg, a cup of chopped cooked mushrooms and a spoonful of wine. Season the mixture.

Proceed as for Russian *pirogs*.

Serve with hot clarified butter.—MADAME SZTOLCMAN.

VEGETABLES FOR GARNISHING DISHES

Grilled cutlets, chicken and various other entrées can be made very attractive to the eye if they are served in a long earthenware or china dish surrounded with a number of vegetables specially prepared as garnishes.

POTATO GARNISHES

Straw potatoes, well seasoned, can be served with game and other birds, or with steak or cutlets (p. 219).

Very small potato croquettes with a stuffing of mushroom, spinach or game purée are excellent (p. 218).

Very small new potatoes, or old ones which have been cut out into balls the size of a marble, browned in butter and powdered with very finely chopped parsley can be used (p. 217).

VARIOUS VEGETABLE GARNISHES

Artichoke bottoms of any kind (p. 81) are excellent. Covered with a purée of chestnut, masked with a rich brown or Madeira sauce (p. 35) and glazed under the grill, they are specially good.

Carrots à la Vichy (p. 125).

Small bunches of cauliflower masked with Hollandaise sauce (p. 127).

Cauliflower rolled in sauce Mornay, then egg and bread-crumbed. (*See also* p. 129.)

A stiff purée of chestnuts made with game or veal gravy, (p. 138).

Sautéd cucumber (p. 147).

Stuffed cucumber (p. 148).

Fried slices of egg-plant (p. 152).

Braised lettuces (p. 171).

Grilled mushrooms and stuffed mushrooms (pp. 179 and 182).

Stuffed olives in a thick tomato purée.

Subrics of spinach (p. 244).

Half-tomatoes stuffed with mushrooms, egg-plant, bread-crumbs, etc. (p. 255).

Stuffed turnips (p. 261).

In addition to the garnishes mentioned above, small pyramids of glazed vegetables, turnips, onions and carrots may be used.

Boiled peas, beans and carrots can be utilised in the same way, with or without a sauce.

Barquettes (boat-shaped pastry cases) filled with asparagus tips *à la poulette* (p. 92), with a purée of mushrooms (p. 182) or cream of spinach (p. 243) sprinkled with cheese, are all attractive.

SALADS

The salad is no new invention, but has been held in honour by Europeans probably since European civilization began. I go no further back than Cato the Censor, who wrote in the third century before the Christian era, and I give one of his unappetising recommendations :

“ Select white, black and mottled olives and stone them. Mix and cut them up. Add a dressing of oil, vinegar, coriander, cumin, fennel, rue and mint. Mix well in an earthenware dish and serve with oil.”

The English literature of salads is full of interest, but it does not seem necessary in a practical cookery book to give more than a few examples of what our ancestors were recommended to use in Elizabethan, Stuart and Hanoverian days.

A SALLET FOR FISH DAIES

“ Onions in flakes laid round about the Dishe, with minced carrets laid in the middle of the Dishe, with boyl'd Hippes in five parts like a oken Leafe made and garnished with tansey long cut with oyle and vinegar.”

—*The Good Housewives Jewel*, 1585.

A SALLET OF WILD GREEN SUCCORY

“ Take the leaves of this Herb, cut them small, and put them into fair water, and so let them lye two hours, change your water three or four times, then swing it out very well,

and dish it up on a Plate, and garnish it with anything, either white or red. You may do the same with the white, or wild Succory, only garnish it with either red or green, or both if you please."

—*A Perfect School of Instructions for the Officers of the Mouth*, translated from the French by GILES ROSE, Cook to Charles II, 1682.

TO MAKE A SALLET OF PICKLED CUCUMBERS

"Take and peel them and cut them either in long or round slices, and serve them upon a Plate garnished with Samphire pickled, Purslan, and Beetroots."—*Ibid.*

A SALLET OF RESPONSES RAW

"Take your Responses [rampion] very young and tender, pick and scrape them very well, and serve them upon a Plate, and garnish them with small Herbes and Flowers; or boil them in water and salt, and let them run, and then dish them upon a Plate handsomely, and garnish them with small Herbes and Flowers."—*Ibid.*

A SALLET DE SANTE

"Take all sorts of Hearbs that are proper for salletting, a little Lettice, Purslan, Creases, Tripe-Madam, Corn de Cerf, Stags or Buckshorn, Baum, Sibalets, and such-like Hearbs as these, pick and wash them very well together, then swing them out, and put them on a Plate without any garniture at all."—*Ibid.*

A FRENCH SALAD

"Take small cos lettuces, the tenderest and whitest you can find. Wash and shake the water out. Divide them

into quarters. Place them on a dish and garnish them with chervil and with flowers.”—*Seventeenth Century Receipt*.

A BRAVE WARMING SALAD FOR WINTER

“Spinnage, Sorrel, Lettuce and a few Onions, then add oyl, vinegar, and salt, balm, pepper, grass-mint, endive, young green buds of coleworts and garlic.”

—TRYON, *A Treatise of Cleanness in Meats*, 1692.

TO MAKE A GRAND SALLAD FOR THE SPRING

“Take cowslip buds, violet-flowers and leaves; young lettuce, spinach, Alexander Buds, Strawberry leaves, water cresses, each apart by themselves and then take also Capers, Olives, Samphire, Cucumbers, Broombuds, Raisins and Currans parboiled, Almonds blanched, Barberries and other pickles, then lay a Turnip or some other hard thing for a Standard in the middle of the Sallad, let it be formed like a Castle made of Paste washed over with the Yolks of Eggs and within it a Tree made in like manner and coloured with green Herbs and stuck with flowers; you must also have annexed to it twelve supporters round it, sloping to it, and fastened to the Castle; then having made four rings of Paste, each bigger than the other, the Biggest must compass the Castle and reach within three inches of the feet of your supporters; the second must be within two inches of that, and so place as many as you think convenient and according to the size of your dish, that they may be like so many Steps, one above the other, then place one sort of your salad round on the uppermost Ring, and so on till you come to the Dish, laying a several sort on every one; then place all your Pickles from the Sallad to the Brim of the Dish each by itself, then garnish your Dish with all things suitable to the Season. These Grand Sallads are only for great Feasts. Remember that in Autumn your standard ought to be the

Resemblance of a Castle carved out of Carrots and Turnips ; in the winter a tree hung with Snow, in Summer a green Tree.”

—*The Receipt Book of JOHN NOTT*, Cook to the Duke of Bolton, 1723.

SALAD FOR WINTER

“ Take a hard cabbage, and with a sharp knife shave it as thin as possible and serve it up with oil, mustard and vinegar.

“ Or else take corn sallad and Horseradish scrap’d fine, dish it handsomely and serve it with oil and vinegar.”

—MRS. GLASSE, *The Art of Cookery Made Plain and Easy*, 1784.

BROCCOLI IN SALLAD

“ Broccoli is a pretty dish by way of Sallad in the middle of a table. Boil it like asparagus ; lay it in your dish, beat up oil and vinegar and a little salt. Garnish with nasturtium buds.”—*Ibid.*

Coming to the present day and to an age when—with all respect to antiquity—the use of vegetables is better understood, I set down the modern practice.

There are scores of ways of making a salad, as anyone will know who has looked at an American cookery book. But though certain of the simpler mixed salads are good, and the use of cooked cold vegetables is greatly to be commended, the best salad in the world is the simple one made of lettuces or well blanched endive, or batavia. There is nothing so delicate, so appetising or so refreshing, and nothing so rarely found in perfection in England, as a salad made of the best leaves of the best lettuce.

We are slow to learn in the art of salad-making, probably because as a nation we are not salad-lovers. Yet we have

had good teachers. John Evelyn in his *Acetaria*, written in 1699, gave perfect directions : later, emigrés from France during the Revolution are said to have earned good money by teaching the art in clubs and private houses, and during the Great War thousands of people came to England from abroad who knew how to treat salads in the careful way they deserve. Yet even now a salad in England is, for the most part, carelessly ordered, carelessly prepared and badly dressed.

The simplest salad is the best. The fewer ingredients it contains the better, in spite of James II's chief cook, who considered it should be made of thirty-five different herbs. Americans still mix together an astounding number of unrelated vegetables and fruit ; but the French and Belgians rarely eat a salad that consists of more than one kind of lettuce or endive. The simple taste in salads is the civilised one : and the educated palate is satisfied by it and rejects complexities.

ON CHOOSING GREEN SALADS

The choice of a salad must be made by a salad-lover. Cooks are rarely this, so it should not be left to them. The intervention of the telephone is often fatal. Greengrocers are not to be trusted ; perishable stocks have to be cleared.

Of all the green salads the lettuce is incomparably the best, "the most delicate, tender and pleasant," as Gervase Markham wrote three hundred years ago in his *Country Contentments*.

It is a pity that we have not more good summer varieties of lettuce on the market. One variety often met with in France I have never seen in a shop here. It has a slightly fringed leaf of very pale green and is of a most appetising loveliness. I have not been able to get its name, but a lettuce described by Mr. Robinson in his *Vegetable Garden*

must closely resemble it. This is the *Early Ohio*. In addition to its beauty, it stands the heat well. It is in very hot weather that our home-grown lettuces fail us most. For several weeks in the great heat of 1929 it was impossible to buy a good lettuce in London, and the poor heartless specimens that were available cost from sixpence to eightpence apiece. Meanwhile, in the Auvergne, under even fiercer conditions of heat, deliciously crisp and tender lettuces were everywhere to be bought at a reasonable price.

Again, we are successful, on the whole, with cabbage lettuces, but the French seem to get a quality of flavour and texture in their best long lettuces which ours lack.

Having chosen your lettuces, set their roots in water and stand them in a cool place until you are ready to use them. Soyer, a great *chef* in his time, recommended that lettuces should be slashed across and across, at the top, and stood in cold water, heads downwards. He asserts that freshly-cut lettuces should always be treated in this way, and that they are better on the second than the first day.

Soyer also advised against washing lettuces—advice that it would be pleasant to be able to follow. Our green salads, however, are generally dirty and often infested with green fly and must be cleansed. Do this as quickly as possible. I find it best to hold them, leaf by leaf, under a quickly running tap; but they can be washed in a basin in several waters, one of which should be salted. Take the leaves out as quickly as possible, put them in a wire salad basket, swing them till they are nearly dry, then leave them to drain. If water is left on your salad it will make it tasteless and sodden. If it is possible, put the leaves on ice for a little while before dressing them.

Break the leaves, do not cut them.

Those who are interested in growing various of the old and little used herbs and saladings, mentioned in this book,

may care to try their effect, sparingly added, to salads.

Tomato is very good with any green salad, especially with lettuce. But it is a great mistake to mix it with the green leaves, for it is heavy and moist and tends to sodden them. Skin good firm tomatoes, slice and press out the seeds, dress them separately and hand them with the green salad.

Quarters of hard-boiled eggs are good with the firmer salads, such as batavia. They, again, are too heavy to mix with lettuce. If egg is wanted, take a hard-boiled one. Put the yolk through a coarse sieve, chop the white, and sprinkle both over the salad the moment before serving.

Chopped chervil and tarragon are good with almost any salad. They are essential with lettuce,

I give the following extracts from John Evelyn's *Acetaria*, on the dressing of salads, not only for the charm of his language but for their practical value. Directions clothed in such enchanting language may remain in the mind, when the curter phrases of modern advice are forgotten. Some of his complications should be avoided, but his procedure, his tenderness (for it is nothing less) and his delicate attentions, indeed his whole attitude towards a salad, are worthy to be kept in remembrance.

“Sallets [are] ready at hand, and easily dress'd, requiring neither Fire, Cost nor Attendance . . .

“Sallets are a Composition of Edule Plants and Roots of several kinds, to be eaten Raw or Green, Blanch'd or Candied, simple, and *per se*, or intermingl'd with others according to the Season.

“Oyl, acetous juice, salt, etc., give them a grateful gust and Vehicle.

“A brave sallet should be compounded of elements not only so as to agree with the Humours of those who eat them but so that nothing should be suffered to domineer, so should none of them lose their Gust, Savour, or Vertue. These

must be in correct proportions, the cool and refreshing to extinguish thirst, attemper the Blood, repress Vapours, the Hot, Dry, Aromatic, Cordial and friendly to the Brain, the bitter and mordant, the mild and insipid, animated with the piquant and brisk. In the composure every Plant must bear its part and they must fall into their places like the Notes in Music, and there must be nothing Harsh or Grating. And tho' admitting some discords (to distinguish and illustrate the rest), striking in the more sprightly and sometimes gentler Notes, reconcile all Dissonancies and melt them into an agreeable composition.

“Let your Herby ingredients be exquisitely cull'd and cleansed of all worm eaten slimy cankered dry spotted or any ways Vitiated Leaves. And then that they be rather discreetly sprinkled than over much sob'd with spring water especially lettuce. After washing let them remain a while in the cullender to drain the superfluous moisture and lastly swing them all together gently in a clean coarse Napkin. Then the Oyl must be very clean, not highly coloured nor yellow, but with an eye rather of a pallid olive green without smell or the least touch of rancid or indeed of any other sensible taste or smell at all—but smooth, light and pleasant upon the Tongue. The vinegar to be of the best wine vinegar and impregnated with the infusion of clove gilliflowers, Elder Roses, Rosemary, Nasturtium and thus enriched with the Virtues of these Plants. The Salt to be of the brightest and only enough put in to give them the grateful saline acrid. The sugar to be of the best refined. The mustard (a noble ingredient) to be of the best Tewkesbury or else composed of the soundest and weightiest Yorkshire Seed, exquisitely sifted winnow'd and free from the husks, a little (not over much) dry'd by the fire, temper'd to the consistence of a pap with Vinegar in which shavings of the Horse Radish have been steeped. Then cutting an onion and putting it into a small earthen gally pot or some thick

glass of that shape pour the Mustard over it and close it very well with a cork. . . . The pepper whether white or black not to be bruised to too small a dust. Better than ordinary Pepper is the root of the Burnet saxefrage and extolled by some beyond all other peppers and very wholesome. . . .”

Concerning the dressing of Sallets—“ There must be a Dish in which to beat and mingle the liquid vehicles and a second to receive the crude Herbs upon which they are to be poured and then with a Fork and Spoon kept continually stirr’d till all the Furniture be equally moistened. Some who are Husbands of their oyl pour at first the oyl alone as more apt to communicate and diffuse its slipperiness than when it is mingled and beaten with the acids which they pour on last of all. ’Tis incredible how small a quantity of Oyl . . . is sufficient to imbue a very plentiful assembly of sallet Herbs. Your Herbs being handsomely parcell’d and spread on a clean Napkin before are to be mingled together in one of the earthen glas’d dishes. Take of clear and perfectly good olive oyl three parts, of sharpest vinegar (sweetest of all condiments), lemon or juice of orange one part, and therein let steep some slices of horse-radish with a little salt : Some in a separate dish of vinegar gently bruise a pod of pepper straining both the vinegars apart to make use of either or one alone or of both as they best like. Then add as much Tewkesbury or other dry mustard grated as will lie upon a half-crown piece. Beat and mingle all these very well together but pour not on the oyl and vinegar till immediately before the sallet is ready to be eaten. And then with the yolks of two new laid eggs squash and bruise them all into mash with a spoon and lastly pour it all upon the Herbs stirring and mingling them till they are well and thoroughly imbued not forgetting the sprinkling of Aromatic and such flowers mentioned and garnishing the Dish with the thin slices of Horse Radish, Red Beet or Berberries.”

THE DRESSING OF SALADS

“Let none despise our Sallet Dresser or disdain so real and innocent and sweet and naturall a Quality.”

—*Old Herbalist.*

“Never trust a hostess who buys her salad dressing in a bottle ready-made.”—*A. G.*

Rousseau considered that the dressing of a salad should have the tenderest care and that the fingers of a young girl were best suited for the purpose, and M. Alfred Suzanne in his book on *Salads* says that in days before the introduction of forks, this task was given to the prettiest girl present. Pretty or plain, the task should only be undertaken by a salad-lover, and a boxwood or glass fork and spoon are better than the most perfectly manicured fingers.

There is much difference of opinion as to whether the oil or the vinegar should be used first. Oil coats the leaves if they are carefully turned over in it and prevents the vinegar from sinking into them. But if a salad is dressed immediately before it is wanted, it does not much matter which condiment is used first. Lemon juice may be used instead of wine-vinegar, but it has not the same quality.

Take a tablespoon of the very best wine or tarragon vinegar, to three of the best olive oil that can be found. (A salad, however good it is, is ruined by inferior or strong-tasting oil, or malt vinegar—a harsh and biting acid.) With the vinegar mix a little salt. (You may also add a little sugar and a little French mustard, and two or three drops of Worcester sauce measured as carefully as you would any potent medicine, will give the dressing a very curiously pleasant quality.)

Mix your dried salad in a big bowl—so deep that there

will be no danger of spilling. Pour over it the oil and vinegar, in which order you prefer. Turn the salad very gently, over and over, till every leaf has its share of the dressing. Then add freshly ground pepper and finely chopped chervil and tarragon to give it fragrance and flavour. Turn again and do not waste a minute before eating the salad.

The inclusion of onion in a salad is a matter of taste. If it is liked, rub a crust with onion (or even garlic) and put it in with the salad while you dress it. A few sliced spring onions are good with a green salad, but they have their inconveniences.

OTHER SALAD DRESSINGS

Most American cookery books contain a score or more of varieties of salad dressings. But here again simplicity is best. Good salad dressings can be counted on the fingers of one hand.

All the mayonnaises given on pp. 38-40 can be used, and a green mayonnaise is specially recommended where a decorative effect is aimed at.

An excellent dressing is made by putting the yolks of two hard-boiled eggs through a sieve and mixing them with cream, seasoning and a little lemon juice. The Russians make this dressing with sour cream and it is very good.

A good dressing can be made with fresh cream and the best olive oil, in the proportion of two tablespoons of cream to one of oil. Whip the cream until it is fairly stiff with a very little mustard, pepper and salt. Add the oil and whisk well together. Then add lemon juice or tarragon vinegar.

A more savoury dressing is made as follows :

Take oil and vinegar and seasoning as for an ordinary French dressing. Beat them well together. Then add a dessertspoon of tomato purée, or one of French mustard, and

a few drops of Worcester sauce. Before serving add some finely shredded green pepper, chopped tarragon, chervil and onion.

BEETROOT SALAD

Skin and slice thinly a cooked beetroot, or cut it into small dice-shaped pieces. Dress it with plenty of oil and a little vinegar. (Any dressing that is left over can be used again.) Use little salt, if any, but a good deal of freshly-grated black pepper and a coffeespoonful of dry mustard.

Prepare this salad an hour before it is needed.

Grated horseradish is excellent with beetroot. When it is added, no mustard need be used.

Beetroot and sliced celery make a very good salad mixture.

CABBAGE SALADS (*Uncooked*)

Shred the heart of a fine Savoy cabbage very finely. Put it in water for an hour before using it. Having drained it, mix it with a little scraped carrot, slices of orange and crushed walnuts and a little grated horseradish. Serve with mayonnaise.

Or: shred the heart of a white cabbage, stand it in water for an hour, drain it dry and add to it half its weight in chopped beetroot, three tablespoons of chopped celery and a sprinkling of grated carrot.

Or: mix the shredded cabbage with chopped celery and green peppers (not too many) and serve with mayonnaise.

CARDOON SALAD

Cold braised cardoons thoroughly drained make a good salad with a tomato mayonnaise.

COLD SLAW

Wash a cabbage and chop sufficient very finely. Put it

in a china bowl. Put a tablespoon of vinegar into a saucepan with several peppercorns and a little salt. Boil it for two or three minutes then strain it. Put it back into the saucepan. Melt a teaspoonful of butter. Add it to two tablespoons of cream and the yolk and white of an egg which have been beaten till very light. Pour these into the vinegar, which should only be lukewarm. Set the pan in a *bain-marie* (p. 15). Stir continually until the sauce is thick and hot, but do not allow it to boil. Take it off the fire and season it. When it is cold pour it over the cabbage. Serve very cold.

This is a favourite American dish.

CELERIAC SALAD

Pare off all the stringy outside part of the root, then cut it in long strips, very regularly, as for straw potatoes. Cook the strips in salted boiling water for five or six minutes. Drain them and cool them.

Boil an egg for fifteen minutes. Put the white part through a coarse sieve and mix it with the celeriac.

Make a mayonnaise, using a little more vinegar than is usual, add a little mustard to it and finish with a spoonful of cream.

Heap up the celeriac in a bowl. Sprinkle it with the hard-boiled yolk which has been rubbed through a sieve, finely chopped tarragon and chervil, or with even more finely chopped parsley.

Or: serve in a ring of tomato jelly (p. 253).

CELERY SALAD

Prepare and slice the celery, choosing the best part only. The rest can be used for cooking. Be sure that it is tender and crisp. Tough celery is not worth eating in a salad, though it may cook well enough.

Mix the celery with tomato, roquefort or plain mayonnaise (p. 39). Serve it on a crisp lettuce leaf, sprinkled with finely chopped chervil and tarragon ; or in a ring of tomato jelly (p. 253).

Or : mix the celery with equal quantity of some good kind of apple—an Allington or foreign Newtown pippin—coarsely chopped. Add a few broken walnuts and dress with a French dressing.

Or : prepare an orange or two, carefully removing all of the bitter skin and the pips and core. Mix them with celery, adding a few grapes out of which the pips have been removed, and some sliced blanched almonds. Serve on lettuce leaves with a cream dressing.

CHICORY SALAD

The white heads of chicory if fresh and firm make one of the best winter salads. The outer leaves must be discarded, the remainder washed and sliced rather finely, then laid in cold water for half an hour. Drain them well in an enamel cullender. Mix them with small cubes of beetroot. Serve with horseradish mayonnaise or with a French dressing. (A little mustard should be used if the latter is chosen.) Sprinkle with finely chopped tarragon.

CORN SALAD (*Lamb's Lettuce*)

This salad is very pleasant if it is freshly picked and young. Otherwise it is not worth eating. Pick out the best leaves and wash them in several waters. Dress with French dressing, using plenty of oil and a little vinegar.

Cubes of beetroot may be added to this salad, and a little scraped horseradish.

CUCUMBER SALAD

Peel and slice the cucumber. Sprinkle it with salt and set

it on a plate. (Tilt it up slightly so that the liquid coming from the cucumber may drain off easily.) After half an hour, pour cold water through it and drain it.

Dress with a French dressing and sprinkle with very fine chervil and tarragon.

Or: prepare peeled rings of cucumber about an inch thick. Gouge out the centres, salt and drain them. Fill the rings with a mixture of peas and beans, or of any vegetable, well mixed with cream and egg dressing (p. 289).

CUCUMBER SALAD (A Spanish Receipt)

Peel and slice a cucumber very finely. Salt it and set it aside for two hours, then drain it. Peel and slice an equal quantity of tomatoes. Make alternative layers of these two in a glass bowl. Garnish them with fillets of smoked anchovy which have been laid in milk for some time to draw out their saltiness. By the side of each fillet lay a shelled shrimp.

Chop together parsley, chervil, tarragon, wormwood and a little truffle. Sprinkle these over the salad. Pour over all a dressing made of oil, vinegar, a tablespoon of cream and seasoning. Around the base of the salad place slices of hard boiled eggs. On each of these put a strip of green or red pimento. Place the salad on ice before serving.

—SENORITA ESPADAS.

DANDELION SALAD

Choose the very youngest leaves from the inside of the heads. Rinse them in several waters and serve with a French dressing. Use plenty of oil and a little mustard.

LEEK SALAD

Discard the green part of the leeks. Cook the rest, and

when tender cut into short lengths and drain thoroughly. Serve cold with plain or tomato mayonnaise (p. 39).

ONION SALAD

Boiled onions, well drained and well seasoned, make a good salad with a French dressing. To the onion some very finely chopped parsley, a little cooked rice, chopped tomatoes and peppers may be added. Serve this with a curry mayonnaise.

POTATO SALADS

1. Slice cooked new or *Dutch* potatoes. Add a little finely chopped onion, and tarragon and chervil. Use a French dressing.

2. Add some sliced truffle, or a few chopped cooked mushrooms, chopped artichoke bottoms and celery. Mix with a tomato or plain cream mayonnaise.

3. Slice new or "Dutch" potatoes. Add chopped celery, a heaping tablespoon of finely chopped chicken and ham, or ham only. Sprinkle with chopped parsley and serve with a cream dressing.

4. Slice new or "Dutch" potatoes, add a touch of onion and some sliced celery. Make a cream dressing (p. 289), sprinkle with finely chopped ham.

5. Use "Dutch" potatoes and cook them in their skins. Peel them while they are hot. Put them in a bowl and pour three spoons of cold water over them. Make your dressing of old wine vinegar which has been made at home, a pinch of cayenne and salt.

The night before cut some fillets of herring and put them together with some sliced onion in a marinade.

When your salad is ready, add the herring fillets but discard the onion. Turn the salad over gently and leave for an hour before serving.

Fillets of anchovy may be used instead of herring.
—PAMPILLE, *Bons Plats de France* (Arthème Fayard.)—

TOMATO SALAD (1)

Put the tomatoes, very firm but ripe, into boiling water for a minute. Take them out and peel them with a silver knife. Cut off the hard pieces at the tail end. Cut them in half and very gently squeeze out the seeds and any excess of juice. Slice them. Set them where they will get very cold.

Place the tomatoes on a dish and sprinkle them with shredded onion. Pour over them a French dressing and a sprinkling of tarragon and chervil or scraped horseradish. Some French beans, sliced diagonally, can be added. Roquefort mayonnaise (p. 39) may be used.

TOMATO SALAD (2)

Cut up some tomatoes prepared as directed into small pieces. Cook a few small mushrooms in butter, drain and chop them. When they are cold add them with a very little finely chopped onion and a cupful of cooked rice to the tomatoes. Mix with a French dressing to which you have added a pinch of curry powder.

TOMATO SALAD (3)

Prepare and slice the tomatoes. To the French dressing made with French mustard, add a dessertspoonful of finely chopped onion and green pepper, also a little sugar. Make the dressing half an hour before it is required. Whisk it well together and pour it over the tomatoes.

VARIOUS COOKED VEGETABLE SALADS

Almost any left-over plain-boiled vegetables can be mixed

and served with a French dressing. A little finely chopped raw onion should be included. Finely chopped parsley or tarragon and chervil should be sprinkled over these salads.

Potatoes, new or "Dutch," sliced finely, sliced young carrots and peas, make one good combination. Very young turnips cut in dice can be added.

French beans are good as a salad with tomatoes.

Chopped leeks, the white part only, make an excellent salad with French dressing or a tomato cream mayonnaise. So do broad beans. So does spinach which has been cooked *en branche*. Leeks are best with a thin mayonnaise: spinach with a French dressing.

The white part of a cauliflower, carefully separated into small pieces, and the tough outer skin removed from the stalks (see p. 127) is best with a tomato mayonnaise.

Serve the small Japanese artichoke with mayonnaise. Add to them some finely chopped chicken and ham, and a little finely chopped parsley. Garnish them with the yolk of a hard-boiled egg which has been put through a coarse sieve.

Salads can be made of cooked haricot beans with a tomato dressing (p 39). Flageolets are much more delicate and digestible. Use a French dressing. Sprinkle them with the sieved yolk of a hard-boiled egg and finely chopped tarragon and chervil.

Asparagus chopped or cut into small lengths and served with a cream mayonnaise, or cream dressing (p. 289) makes the most delicious of salads. A good brand of tinned or bottled asparagus can be used when the fresh vegetable is not obtainable.

A salad *de luxe* is made by making sandwiches of cooked artichoke bottoms and spreading them with foie gras. Scrape off the fleshy part from all the leaves. Put it through a sieve and add it to the mayonnaise with which you dress the salad.

RUSSIAN SALAD

Choose any tender young vegetables you like, sliced carrots, peas, sliced French beans, a drop or two of onion juice, chopped herbs, etc. Season them well. Cover them with a good French dressing and leave them for an hour. Then drain off all the liquid.

To a good mayonnaise add a stiff aspic jelly or one made of stock and gelatine. Stir it into the vegetables. Put them into a china mould and set on ice till you are ready to serve the salad. Garnish with stuffed olives and fillets of anchovy.

Or : this salad may be served with unstiffened mayonnaise.

Vegetable salads are pleasant served in a border of curried rice, tomato jelly (p. 253) or in tomato cups.

SALADS WITH RICE

A very good salad can be made by mixing cooked rice, slightly flavoured with curry, with chopped olives and celery, cooked carrot and mushrooms. Mix together with a French dressing, or thin cream mayonnaise. Decorate with slices of hard-boiled egg.

HERB GARDENS

Though this is a practical book on cookery, I cannot resist making a plea to those who have the space to plan for themselves herb gardens after the old pattern, not only for the service that the plants will give to the kitchen and to health, but for the pleasure to the eye and the pleasure that is breathed in the air.

There can have been nothing more quietly lovely in mediæval England than these gardens. Of late a revival of interest in medicinal herbs has been noticeable. But that is not enough. To the Shakespeare gardens and the Friendship's gardens, the formal enclosed and secluded herb garden should be added. Indeed, it might take the place of them, for it has more meaning, more utility and, I think, more beauty.

The first gardens in England were for herbs. Vegetables were known and used from earliest times, but the fighting men of the middle ages were great meat-eaters, and both herbs and the few vegetables then in cultivation were used, not as separate dishes, but for the seasoning and stuffing of meat and such strange birds, swans, herons, curlews, as they loved to eat. During this period, and long before, monasteries had their gardens where monks cherished and tended their plants, not only for their use in seasoning and physic, but in the making of drinks and liqueurs, such as Benedictine and Chartreuse, which owe much of their aroma and bouquet to choice simples, picked in their rightful season. Even when the vegetable garden became a thing apart, herbs had their own place and the Tudor housewife was expected

to have full knowledge of them so that she might use them to physic her household, to make ointments, sweet-bags to lay amongst her linen, washing-balls, and the comforting teas and drinks which were so much esteemed. These gardens were continued into the nineteenth century, when the taste for them began rapidly to decrease.

The old herb garden, of rectangular shape, was planned for privacy. It was surrounded by big walls or hedges against which were banks of earth, faced with brick or stone and planted with sweet-smelling herbs. Turfed benches were set within recesses of the wall and a herber (arbour) with its rose or rosemary-covered poles was designed so "that the Owner's friends sitting in the same may the freelier see and beholde the beautie of the garden to theyr great delyght." A cistern or a fountain, and perhaps a medlar tree, were the garden's sole ornament. Camomile was greatly used for turfing, and with good reason, since the more it is trod on the sweeter it smells.

In addition to the scores of beautifully named sweet-scented and aromatic herbs, these old gardens held many which we now set in the flower garden. There were briar roses, hawthorn, periwinkles, violets, honeysuckle, peonies, monkshood, gilliflowers, columbines, cowslips, madonna lilies, flags, scabious, marigolds, cranesbill, daffodils, mallows, mellein, poppies and gentian. Nothing flaunted save the poppies; a discretion in colour reigned among the flowers which one and all served some purpose of cookery or of medicine. Yet so varied were the greens, dark, light and silvery, so rich the blue of gentian and of borage, and soft the yellows and pinks of lowlier herbs, that the blended colours of the garden must have been very satisfying to the eye. "What greater delight," asked Gerard, "is there than to behold the earth apparelled with plants as with a robe of imbroidered worke set with orient pearles and garnished with great diversitie of rare and costly jewels?"

And to the pleasure of the eye, Francis Bacon would have you add the pleasure that comes from sweet smells :

“ Because the Breathe of Flowers is farre sweeter in the Aire (where it comes and goes like the Warbling of Music) than in the Hand, therefore nothing is more fit for that Delight than to know, what be the Flowers and Plants that do best Perfume the Aire.”

He gives a lovely category of blossoms and perfumes, all of which belong to the flower garden—except indeed the strawberry leaves dying, which “ yield a most excellent Cordial Smell ” ; and then he comes to this conclusion :

“ But those which Perfume the Aire most delightfully, not passed as the rest, but being Trodden upon and Crushed are Three : that is Burnet, Wilde Time and Water-Mints. Therefore you are to set whole Allies of them, to have this Pleasure when you Walke or Treade.”

To these delights we may add one denied to the earlier makers of herb gardens, the joy of the mind in that wealth of beautiful and curious literature that has accumulated since the days of Alfred the Great, when Bald wrote the earliest known of the Herbals, down to those modern books which have selected and set out for the delight of those who have not the time, or the opportunity, to read the old and rare books, the most charming passages and the most practical suggestions. There is no literature more soothing, none more able to lift the reader out of the present and back into the past, than the works of these Herbalists with their knowledge and their wisdom, their superstitions and their absurdities, their pleasant careless and ever-varying spelling, their optimistic belief in strange cures for the grossest as well as the mildest diseases, their remedies for bites of wolves, mad

dogs, scorpions and adders, their prescriptions against melancholie, frenesie and witchcraft, and their directions for guarding against lightning, tempests, mists and frosts.

And here I cannot refrain from quoting an example of the simplest diet—and the cheapest—taken from William Coles' *Art of Simpling* :

“ Doctor Hackwill tells a story of a German Gentlewoman who lived for fourteen years without receiving any nourishment down her throat, but only walked frequently in a spacious Garden full of odoriferous Herbes and Flowers.”

The following is a list of herbs to be grown in any garden given by Mr. Delamer in his *Kitchen Garden*, 1860 :

Alecost, angelica, anise, balm, basil, borage, burnet, capucin, caraway, chamomile, chervil, elecampane, fennel, horehound, horseradish, ice-plant, mallow, marigold, marjoram, mint, nasturtium, parsley, pennyroyal, purslane, rosemary, rue, sage, samphire, savory, tansy, tarragon, thyme, wormwood, woodruff.

If we go through any modern garden and seek for examples of what Mr. Delamer, writing in 1860, regarded as commonly cultivated, we shall be forced to conclude that some swift and overwhelming catastrophe blotted out whole categories of the herbal. It would be a lucky search that found ten of his thirty-seven.

The selection of herbs made from among those which we no longer, or very seldom, see in a modern kitchen garden, which follows, has been made in a somewhat arbitrary fashion. I have chosen them for something charming about themselves, or for their interesting medicinal properties. (Coriander I would not part with, for the sake of its lovely

name.) Who, believing Bacon when he said that what made the English people sprightly was their liberal use of saffron, could be without it in the garden if only as an emblem of Merry England? Or who would not keep broom for its real value in treating troubles of the liver, and bay for its usefulness in seasoning?

THE PICKING AND DRYING OF HERBS

The value in which herbs were once held is in some degree indicated by the ceremony with which in pagan times they were picked. For the earlier charms the monks substituted prayers. Here is one quoted by Miss Rohde in her *Garden of Herbs*, dating from the fourteenth century or earlier :

“ Haile be thou holie hearbe
Growing on the ground
All in the mount of Calvarie
First wert thou found.
Thou art good for manie a sore
And healest manie a wound
In the name of sweete Jesus
I take thee from the ground.”

I give Sir John Hill's directions for the picking and drying of herbs. His advice is sound and it is a pleasure to read his leisurely and charming phrases :

“ Nature in the whole growth of plants tends to the production of their flowers and seed, but when they are ripe the rest begins to decay, having done its Duty, so that the time when the entire Plant is in its most full Perfection is when it is in the Bud when the Heads are formed for flowering, but not a single Flower has yet disclosed itself. The tops of the Plant are always preferable to the whole Plant for immediate use. The time of the Day must be when the morning Dew is dried away. This is a very material circumstance, for if they be cut wet with the Dew, Herbs will not dry well,

and if they be cut at Noon Day, when the Sun has made the Leaves flag, they will not have their full Power. Care must also be taken to cut them on a dry day, for the wet of Rain will do as much harm as that of Dew. When the Herbs are thus gathered they are to be looked over, the decayed Leaves picked off, and the dead ends of the stalks cut away. They are then to be tied up into small bunches, the less the better, and hung upon Lines drawn across the room where the windows and doors are to be kept open in good weather; the Bunches are to be kept half a foot asunder, and they are to hang till perfectly dry. They are then to be taken softly down, without shaking off the Buds of the flowers, and laid evenly in a Drawer, pressing them down and covering them with paper."

—*Virtues of British Herbs*, 1772.

Put into the conciser language of the hurried modern writer, this reads :

Gather your herbs on a fine day when the dew is off them, but before the sun is strong. The young tips and flowers just as they begin to show have most virtue.

Dry them in the shade. A fresh dry breeze will help; or they may be dried in a cool oven.

Do not mix your herbs. Keep them when dry in clearly labelled paper bags or, which is better, in tins, in a dark dry place.

If they have been reduced to powder, keep it in closely stoppered bottles.

HERBS FOR THE MODERN GARDEN

ANISE

Pimpinella anisum. Native of Asia Minor, Greece and Egypt. Half-hardy annual. Season: August—for the seeds.

Fr. *Anis*. Ger. *Anis*. It. *Aniso*. Sp. *Anis*.

Anise ranks among the spices. It was grown by the ancients and in very early times in England. It was used medicinally for seasoning, in cakes and bread and also as a scent. (It lay in "lytill bagges of fustian" among Edward IV's linen.) It is still used in the making of liqueurs and sweets.

"For pains in the head arising from Cold. Annise taken in Drinke."

—LEONARD SOWERBY, *The Ladies Dispensatory*, 1652.

"As much bruised Aniseed as will lie on a Sixpence, is excellent for Cholics and in Indigestions."

—SIR JOHN HILL, *Virtues of British Herbs*, 1772.

BALM

Melissa officinalis. Native of South Europe. Perennial. Season: Summer.

Fr. *Mélisse citronelle*. Ger. *Citronen Melisse*. It. *Melissa*. Sp. *Toronjil*.

Balm is grown in most gardens (in spite of the fact that it spreads with astonishing speed) for its pleasant and refresh-

ing smell, especially when crushed. It was once a strewing herb, and it was used medicinally as well as in the making of wine. Its tender leaves were mixed with salads. It makes a very pleasing tea. It is also used in scent making.

“The herb without all question is an excellent helpe to comfort the heart as the very smell may induce any so to believe.”—JOHN PARKINSON, *Paradisus*, 1629.

“Against darkness of sight. Juyce of Baulme distilled into the eyes.”

—LEONARD SOWERBY, *Ladies Dispensatory*, 1652.

“Strengthening to the Memory and powerfully chasing away Melancholy.”—JOHN EVELYN, *Acetaria*, 1699.

“Imparts a grateful flavour if not too strong, somewhat offensive to the Eyes, and therefore the tender Tops to be very sparingly used in our Sallet.”—*Ibid.*

BASIL

Ocimum Basilicum. Native of India. Annual. Season: Summer.

Fr. *Basilic*. Ger. *Basilikum*. It. *Basilico*. Sp. *Albaca*.

The tender leaves of this strongly aromatic plant were used in salads and as flavouring. The French still like its flavour.

There has always been much difference of opinion with regard to the virtues of this plant:

“Galen and Dioscorides hold it not to be fitting to be taken inwardly, and Chrysippus rails at it with downright Billingsgate rhetoric. Pliny and the Arabian Physicians defend it.”—CULPEPER’S *Herbal*, 1653.

Basil was considered to be powerful against witches; also to dislike association with rue in any garden. It was one of the strewing herbs.

“Something is the matter; this herb and rue will never grow together, no, nor near one another.”

—CULPEPER'S *Herbal*, 1653.

BAY

Laurus Nobilis.

Fr. *Laurier*. Ger. *Lorbeer*. It. *Lauro*.

Bay is certainly not a herb, but since it is used in the little bouquet which flavours so many sauces and soups and vegetables, it might well be grown in every herb garden. It is more useful than the medlar tree, which was planted in most herb gardens.

An infusion of bay leaves, a handful to a pint of boiling water, is very pleasant in a bath.

The leaves burnt in a room will purify the air.

BORAGE

Borago officinalis. Native of Europe and North Africa. Annual. Season: May to June for the flowers.

Fr. *Bourrache*. Ger. *Borretsch*. It. *Boragine*. Sp. *Borraja*.

Borage was once used to flavour soups and its flowers were popular candied. Now its use is confined to cups and *pot-pourri*.

“Hot and kindly moist, purifying the Blood, is an exhilarating Cordial, of a pleasant Flavour—the Sprigs in Wine . . . are of known Vertue to revive the Hypochondriac, and cheer the hard Student.”

—JOHN EVELYN, *Acetaria*, 1699.

“Borage must be fresh. Faded they are as worthless as the flowers of a lady's last summer's bonnet.”

—DELAMER, *Kitchen Garden*, 1855.

BROOM

*Genista.*Fr. *Genêt.* Ger. *Ginster.* It. *Ginestra.*

Pickled broom buds were very popular in salads in Tudor and Stuart days. Broom has always been considered good for liver trouble and Henry VIII used to drink water distilled from the flowers "against surfeits and diseases thereof arising."

"The green stalks of Broom infused in Ale or Beer for the common drink, operate and remove Obstructions of the liver."—SIR JOHN HILL, *Virtues of British Plants*, 1772.

And here is a prescription still made up by a lady very learned in herbs which has worked miracles in obstinate cases of liver trouble :

Take an ounce of dried broom leaves and stalks and pound them to a powder. Pour over them a pint of boiling water. Cover them and when the water is cold, add a saltspoonful of tartaric acid. Drink a wineglassful two or three times a day.

To Pickle Broom Buds and Pods.

"Make a strong pickle of White Wine, Vinegar and Salt able to bear an Egg. Stir very well till the Salt be quite dissolved, clearing off the Dregs and Scum. The next day pour it from the Bottom, and having rubbed the Buds dry, pot them up in a Pickle Glass, which should be frequently shaken till they sink under it, and keep it well stopt and covered. Thus may you pickle any other Buds."

—JOHN EVELYN, *Acetaria*, 1699.

CAMOMILE

Fr. *Camomille.* Ger. *Kamille.* It. *Canmomilla.*

Camomile is little seen in these days, despite its excellence

in a *tisane*. Once it was used as turf for paths and wisely too, since, as Shakespeare says, "the more it was trodden on the faster it grew."

Camomile is greedy, but it was always considered as a plant doctor and honoured because it kept what surrounded it in health.

"To comfort the brain smel to camomill, eate sage . . . wash measurably, sleep reasonably, delight to heare melody and singing."

So wrote Ram in his *Lyte Dodoen* in 1606, and it is exceedingly pretty counsel.

"A physitian prescribeth for the cure of the Rheume that a Man should walk continually upon a Camomill alley; Meaning that he should put Camomill within his Socks."

—LORD BACON, 1626.

A decoction of camomile inhaled is very good for the chest

CHERVIL (SWEET CIS)

Scandix Cerefolium. Native of Southern Europe. Annual. Season: All the year.

Fr. *Cerfeuil*. Ger. *Kerbel*. It. *Cerfoglio*. Sp. *Perifolio*.

There are two varieties of chervil, the plain for flavouring, and a curly variety which is pretty for garnishing.

Chervil was esteemed by the Romans and was brought to England by them. About its pleasantness there seems not to have been any difference of opinion among the old Herbalists.

Chervil and tarragon are essential for flavouring green salads and they should be grown in every garden. They are difficult to buy except in the more expensive shops, which means that the demand for them is very limited.

"Sweete chervil gathered while it is young and put among other herbs for a sallet addeth a marvellous good relish to all the rest."—JOHN PARKINSON, 1629.

Chervil should “never be wanting in sallets as long as they may be had, being exceedingly wholesome and cheering the spirits.”—JOHN EVELYN, *Acetaria*, 1699.

CLARY

Salvia Sclarea. Native of South Europe. Perennial, but cultivated as a biennial. Season: Summer.

Fr. *Sauge sclarée*.

Clary was used very generally for flavouring, for salads, for fritters and for making wine.

“Clary is a common Plant in our gardens, not very beautiful but kept for its Virtues.

“Cordial and in some degree astringent. It strengthens the stomach and is good against headaches.”

—DR. HILL, *Virtues of British Herbs*, 1772.

CORIANDER

Coriandrum sativum. Native of South Europe. Annual. Season: For the seeds—Summer.

Fr. *Coriandre*. Ger. *Coriander*. It. *Coriandorlo*. Sp. *Culantro*.

Coriander was grown from earliest times in English herb gardens. There is not much to recommend it in these days, although it is used in liqueurs. But for its beautiful name it should have its place.

“The seedes of Coriander prepar’d with sugar prevaile much against the Goute.”—GERARD’S *Herball*, 1597.

Coriander Water

“Take a handful of Coriander seeds, break them and put them into about a quart of water, and so let it stand, put in a

quarter of a pound of sugar, and when your sugar is melted and the water well taken the taste of the seeds, then strain it out through a cloath and drink it at your pleasure."

—*A Perfect School of Instructions for the Officers of the Mouth*, GILES ROSE, 1682.

DILL

Anethum graveolens. Native of Southern Europe. Annual.
Season: Summer.

Fr. *Aneth*. Ger. *Dill*. It. *Aneto*. Sp. *Eneldo*.

Dill was once very popular as a pot herb and the young leaves were used in salads and in making pickles. They have a pleasant sharp taste and might well be revived for kitchen use. The Germans, Swedes and Hungarians make much use of it. In Norway and Sweden dill takes the place of our mint and is used in sauces served with lamb or mutton.

"And dyll flowers most sweete that savoreth also."

W. WEBBE, 1586.

"The seed likewise if it be smelled stayeth the hicket."

—GERARD'S *Herball*, 1597.

"The wonder-working dill."—DRAYTON, 1612.

HYSSOP

Hyssopus officinalis. Native of Southern Europe. Perennial. Season: July to August.

Fr. *Hyssope*. Ger. *Isop*. It. *Issopo*. Sp. *Hisopo*.

This herb which is still much used in Northern countries, has gone out of favour with us. It has a pleasant smell, but it is hot and bitter to taste. The young tops and flowers were once used in salads and it was one of the strewing herbs.

“Being boiled with wine it is good to wash inflammations, and take away the blue and black marks that come by strokes, bruises or falls, if applied with warm water . . . or equally a cataplasm of green leaves sewed in a linen cloth.”

—CULPEPER'S *Herbal*, 1653.

A Water to Cause an Excellent Colour and Complexion

“Drink six spoonfuls of the juice of Hyssop in warm Ale in a Morning and fasting.”

—*The Receipt Book* of JOHN NOTT, 1723.

A Cure for a Blood-shot Eye

“Apply boiled Hyssop as a poultice. This has a wonderful efficacy.”—JOHN WESLEY, *Primitive Physic*, 1763.

SWEET MARJORAM (JOY OF THE MOUNTAIN)

Origanum Majorana. Native of the East. Perennial. Season: June to August.

Fr. *Marjolaine*. Ger. *Marjoran*. It. *Maggiorana*. Sp. *Mejorana*.

Marjoram was one of the strewing herbs and was put in bags amongst linen to scent it.

The leaves are still used in France as a flavouring.

“Marjoran . . . is an hearbe worthy to be much esteemed of all persons, even for the pleasant smell of it, which to the heart and head is very comfortable.”

—VENNER'S *Via Recta ad Vitam Longam*, 1620.

“The oil is very warm and comforting to the joints that are stiff and the sinews that are hard, to modify and supple them.”—NICHOLAS CULPEPER'S *Herbal*, 1653.

“The most delicious sweet herb there is. . . . It is an incomparable ingredient in soups, sauces, and stuffings, or

to sprinkle the dried and powdered leaves over a joint of roast pork just before serving."

—DELAMER'S *Kitchen Garden*, 1860.

MINTS

Mentha viridis (Spearmint). Native of Europe. Perennial.

Season :

Fr. *Menthe*. Ger. *Pfeffermünze*.

Mint is one of the herbs said to have been introduced to England in its cultivated form by the Romans. It is mentioned in the earliest herbals and was one of the strewing herbs.

All of the mints contain a property which prevents milk from curdling.

"As for the garden mint, the very smell of it alone recovers and refreshes our spirits as the taste stirs up the appetite for meat, which is the reason that it is so general in our acid sauces, wherein we are accustomed to dip our meat."

—PLINY.

"Mintes put into milk, it neyther suffereth the same to crude, nor to become thick, insomuch that layed in curded milke, this would bring the same thinne againe."

—*The Good Housewife's Handmaid*, 1588.

"A little press'd is friendly to the weak Stomach and powerful against all Nervous Crudities."

—JOHN EVELYN, *Acetaria*, 1699.

"Dried powder taken after meat helps digestion. Mint is an herb that is useful in all disorders of the stomach."

—NICHOLAS CULPEPER'S *Herbal*, 1653.

MINT JULEP

Bruise a few mint leaves in a glass with a silver spoon. Fill it half full of water and sweeten it. Add a tablespoonful of sherry, or brandy, and fill up the glass with finely cracked ice. Give it a shake and drink very cold.

MINT SAUCE. See p. 40.

PARSLEY

Apium Petroselinum. Native of Sardinia. Biennial.
Season : All the year.

Fr. *Persil*. Ger. *Petersilie*. It. *Prezzemolo*. Sp. *Perejil*.

The Greeks esteemed this herb greatly. The victor's crown in the Isthmian games was made of it : it grew in their gardens and was strewn on their dead.

It grew in the physic garden which Alcuin, an Englishman, made for Charlemagne, and it is mentioned very early in Saxon chronicles, though it is said not to have been introduced in its present form until the reign of Edward VI.

The flat-leaved variety of parsley is greatly used in France and is considered to have a better flavour than the curled one. Gerard gives it the first place amongst parsleys, but it must not be confounded with the poisonous native wild variety whose whole plant "is of a naughty smell."

"The parsley is a good herb. It is useful in all food as a generator of blood."

—THE PHYSICIANS OF MYDDVAI (thirteenth century).

"The leaves of Parsley cast upon the water in Fish ponde, doe recreate and rejoyce the sicke and diseased fish."

—*Maison Rustique*, 1600.

“Parsley seeds make thinne.”—GERARD’S *Herball*, 1597.

“For a Bruise. Apply a plaister of chopt parsley mixt with butter.”—JOHN WESLEY’S *Primitive Physic*, 1763.

Parsley is rich in iron. It is said to take away the smell of the onion from the breath if eaten, and to be a deadly poison to parrots.

Rubbed on a wasp sting it will lessen the pain.

There is a superstition in some parts of the country that to transplant parsley will bring misfortune to the house.

“Parsley nourisheth most in the Root . . . shift them out of two or three waters they lose their medicinal faculty . . . and become as sweet yea almost as nourishing as a Carot being sodden in fat broth with good flesh.”

—GERARD’S *Herball*, 1597.

TO KEEP PARSLEY WHEN PICKED

Never keep parsley under water, or you will spoil it. Stand the stalks only in water.

TO CHOP PARSLEY

Wash the leaves carefully. Break off and discard the main stalks. Put the leaves back into cold water for a few minutes. Take them out and dry them thoroughly. Then chop them very finely on a board.

Well-chopped parsley, like well-chopped mint, is a sign of a good cook.

TO FRY PARSLEY

Wash the parsley carefully and pick it over, discarding any part that is not fresh and green. Dry it thoroughly—not a very easy thing to do.

Drop it into very hot fat for a few seconds only. It should be crisp, yet retain its colour.

Care must be taken when frying parsley, for since it is very difficult to dry perfectly, the moisture left in it may cause the fat to rise.

RUE (HERB OF GRACE)

Ruta graveolens. Native of South Europe. Perennial.
Season :

Fr. *Rue.* Ger. *Raute.* Sp. *Ruda.*

Rue was once used for seasoning, but its bitterness and strong smell have rightly caused it to be neglected in modern kitchens.

“It diminishes the force of love in man, increasing it in woman. Eaten raw, it both clearth sight and the perception of the mind, and when cooked it destroys fleas.”

—DOCTORS OF SALERNO.

Against forgetfulness. “Apply Rue and red Mints with Oyl of Roses ; and very strong Vinegar to the Nose and it helpeth.”

The juice of rue mixed with olive oil is said to be good for tired feet if well rubbed in.

SAFFRON PLANT

Crocus sativus. Native of the East. Perennial. Season :
September.

Fr. *Safran.* Ger. *Safranpflanze.* It. *Zafferano.* Sp. *Azafran.*

Hakluyt tells us that saffron was brought into this country by a pilgrim who concealed a head of it in his staff.

There was once a garden of saffron where now is Saffron Hill, and the plant gave its name to Saffron Walden, where its cultivation in Tudor days was a very profitable undertaking, five guineas a pound being paid for it in Elizabeth's reign.

It is the yellow anther of the plant that gives the saffron. The love of it now seems to be confined to Cornwall, and it is little appreciated by the foreigners who go there. Yet Bacon considered that "what made the English people sprightly was the liberal use of Saffron in their broth and sweetmeats." It has always been credited with exhilarating properties.

"If you would be at all times merry eat saffron in meat or drink and you will never be sad: but beware of eating over much, lest you should die of excessive joy."

—PHYSICIANS OF MYDDVAI (thirteenth century).

"For those that are . . . at death's doore, and almost past breathing saffron bringeth breath again."

—GERARD'S *Herball*, 1597.

"And I have known some, that by eating onelie of bread more than of custome streined with saffron, have become like droonken men and yet otherwise well known to be but competent drinkers.

"If you drinke it in sweet wine, it enlargeth the breath, and is good for those that are troubled with the tisike and shortness of the wind.

"Finallie, three drams thereof taken at once, which is about the weight of one shilling nine pence half penie, is deadlie poison.

"It killeth moths if it be sowed in paper bags verie thin, and laid up in presses amongst tapistrie or apparell."

—HARRISON'S *Description of England*, 1589.

“Saffron though cordial and exhilarating, refreshing the spirits, good against fainting fits and good for coughs, cleanses the lungs . . . must be taken in moderation. When the dose is too large, it produces a heaviness of the head, and sleepiness; some have fallen into immoderate convulsive laughter, which endeth in death.”

—CULPEPER'S *Herbal*, 1653.

SAGE

Salvia officinalis. Native of South Europe. Perennial.
Season: Late Summer.

Fr. *Sauge*. Ger. *Salbei*. It. *Salvia*. Sp. *Salvia*.

Sage has at all times been known for its “many and wonderful properties.” John Evelyn notes that “the assiduous use of it is said to render men immortal.”

“Boiled in all kinds of food and drink it is useful in nervous cases.”

—PHYSICIANS OF MYDDVAI (thirteenth century).

“No man of erthe can telle his myghte” said the writer of a fifteenth-century Herbal concerning sage.

“Sage, properly prepared, will retard that rapid progress of decay that treads upon our heels so fast in the latter years of life, will preserve the faculties and memory, more valuable to the rational mind than life itself without them; and will relieve under that faintness, strengthen under that weakness, and prevent absolutely that sad depression of spirits, which age often feels and always fears; sage will long prevent the hands from trembling and the eyes from dimness and make

the lamp of life, so long as nature lets it burn, burn brightly.”
—DR. JOHN HILL, 1772.

“Narrow-leafed sage tea the virtuousest best panacea on earth.”—DELAMER.

SAMPHIRE

(Crest Marine or Peter's Herb)

Crithmum Maritimum. Native of Europe. Perennial.
Season: May.

Fr. *Perce-pierre*. Ger. *Meer-fenchel*. It. *Bacicci*. Sp. *Hinojo marino*.

It is generally believed that samphire grows only by the sea. But in Tudor times it was in every garden and was much esteemed as an ingredient in salads.

Under the name of “crest marine,” it was cried in the London streets.

“An infusion of the whole plant, sweetened with sugar, is good after a drunken surfeit.”

—NICHOLAS CULPEPER'S *Herbal*, 1653.

“You cannot provide too much of this excellent ingredient in all crude sallets.”

“Take samphire that is green and has a sweet smell, gathered in the month of May, pick it well, lay it to soak in water and salt for two days, afterwards put it into an earthen pot, and pour to it as much white-wine vinegar as will cover it. Put it into a saucepan, sit it over a gentle fire, cover it close, and let it stand till green and crisp, but do not let it stand till it is soft and tender. Then put it into the pan again and tye it down close for use.”—JOHN EVELYN, *Acetaria*, 1699.

SUMMER SAVORY

Satureia hortensis. Native of Europe. Annual. Season : June—July.

Fr. *Sariette.* Ger. *Bohnenkraut.* It. *Santoreggia.* Sp. *Anedrea.*

The leaves and young shoots of this aromatic little plant were once much used in England for flavouring. In France it is considered essential with broad beans.

“Keep it dry by you all the year, if you love yourself and your ease, and it is a hundred pounds to a penny if you do not.”

—NICHOLAS CULPEPER'S *Herbal*, 1653.

WINTER SAVORY

Satureia montana. Native of South Europe. Perennial. Season : Winter.

This savory is used in the same way as the summer variety. It will live through an ordinary winter.

TANSY (SILVERWEED)

Tanacetum vulgare. Native of Europe. Perennial. Season : August to September.

Fr. *Tanaisie.* Ger. *Gemeiner Rainfarn.* It. *Atanasia.*

“If maids will take wilde Tansey and lay it to soak in Butter milke for the space of nine Dayes and wash their faces therewith it will make them look very faire.”

—WILLIAM COLES, *The Art of Simpling*, 1656.

Tansey leaves may be used in flavouring. They were once served with roast lamb, as we serve mint.

Tansies, tansy cakes, tansy puddings, were all very popular, especially at Easter time, in the eighteenth century.

Dried tansy, spread on the floor of a dog's kennel, will rid him of fleas.

TO MAKE A PLAIN TANSY

"Take a fine stale penny loaf and cut the crumb in thin shaves ; put it in a bowl, then boil a mutchkin of cream, and when boiled pour it over the bread, then cover the bowl with a plate, and let it lie a quarter of an hour ; then mix it with eight eggs well beaten, two gills of the juice of spinage, two spoonfuls of the juice of tansy and sweeten it with sugar, nutmeg and a little brandy : rub your pan with butter and put it in it ; then keep it stirring on the fire till it is pretty thick ; then put it in a butter'd dish ; you may either bake it, or do it in the dripping pan under roasted meat."

—ELIZABETH CLELAND'S *Receipt Book*, 1759.

TARRAGON

Artemisia dracunculus. Native of Siberia. Perennial.
Season : All the year.

Fr. *Estragon*. Ger. *Dragon*. It. *Dragoncello*. Sp. *Estragon*.

"An Herbe nowe called Tarragon late sene in this Realme, which hath a taste like Gynger."—ELYOT, 1538.

"One of the perfuming and spicy Furnitures of our Sallets."—DE LA QUINTINYE, 1699.

"'Tis highly cordial and friendly to the head, heart and liver."—JOHN EVELYN, *Acetaria*, 1699.

Tarragon is considered a gastric tonic as well as a febrifuge by the French.

Finely chopped tarragon should be added to all green salads for its pleasant and curious flavour. It is also used in flavouring sauces.

For Tarragon Vinegar see p. 332.

COMMON THYME

Thymus vulgaris. Native of South Europe. Perennial.
Season: May to August.

Fr. *Thym*. Ger. *Thymian*. It. *Timo*. Sp. *Tomillo*.

Thyme was used by the Romans who valued it as an antidote to melancholy.

To-day we use it as a seasoning, and a sprig of it is put into the little bouquet that flavours soups, stews and sauces.

Thyme makes an excellent and healthy tea (p. 328), and is especially recommended as a spring and summer drink.

“For shortness of Breath. Decoction of Tyme boyled and Honey drunk.”

—LEONARD SOWERBY, *The Ladies Dispensatory*, 1652.

“Against weakness of Sight. Time eaten.”—*Ibid*.

According to Culpeper (*Herbal*, 1653) Thyme is “a notable herb of Venus and is, therefore, kind to women in their worst hours.” Also, “it comforteth the stomach much.”

HERB TEAS AND THEIR USES

It is difficult to state the exact proportions best used in making these teas or the time necessary for their infusion, for there is considerable difference of opinion in this matter. I questioned a Frenchwoman and her answer was "Mais une petite pincée, c'est tout. Et puis on fait comme pour le thé." I should say, unless otherwise directed, that ten minutes is long enough for an infusion of leaves. Roots and seeds will need fifteen to twenty minutes.

French people, even the most sophisticated city dwellers, believe in the efficacy of such *tisanes* as those that are made of camomile, lime and mint. The French country folk add many to this number. Herb teas are still made in rural England though not to the extent they are in France. Some may be worthless, but tea-making of this sort is a pleasant form of physicking and though faith may be useful to aid the cure, most of them are healthy drinks. Their homeliness gives them a charm and they cost little or nothing.

"All these infusions become nutritive when drunk with cream and sugar and have certainly contributed to the health of the inhabitants of this island by decreasing the potation of fermented or spirituous liquors; and to the morality, by more frequently mixing the ladies and gentlemen in the same society."—DR. DARWIN.

ANISE

Anise tea is a stimulant and it is good for the digestion. It will sometimes take away a headache.

Pour a pint of boiling water on to a quarter of an ounce of bruised seeds.

BALM

Balm tea is certainly soothing, and it claims to be cheering. It is good for disorders of the head and stomach.

Pour a pint of boiling water on to rather less than half an ounce of the flowers and young leaves.

BLACKBERRY LEAVES

Blackberry leaf tea is considered an excellent remedy for coughs by French country people. It is stimulating and stomachic.

Infuse an ounce of them in a pint of boiling milk, strain and drink a cupful at night.

CAMOMILE

Camomile tea is very soothing and good in any gastric trouble. It is one of the favourite French *tisanes*.

Pour half a pint of boiling water on seven dried flower-heads. Let the tea stand for ten minutes. Sweeten it with beet sugar.

There is a superstition in some parts of France that the flowers should never be used in even numbers. Take three heads for a cup of tea, and five or seven for two of them. Never use four or six to make your tea.

CELERY

Celery tea is excellent for rheumatic patients.

About an ounce of the seed should be boiled in a pint of water.

DANDELION

Dandelion tea is good for the liver and for purifying the blood in spring. It is slightly tonic.

Infuse an ounce of the young leaves in a pint of boiling water.

For coughs and colds infuse an ounce of the leaves in a pint of boiling water, adding boiled milk and sugar to the drink. Take a glass night and morning.

ELDERFLOWER

Elderflower tea is used by French peasants for colds. It is a sudorific.

Boil half an ounce of dried elder-flowers in a quart of milk. Strain and sweeten it.

FENNEL

Fennel tea is good for the digestion and for head troubles.

Pour half a pint of boiling water on an ounce of the leaves : or boil two ounces of the root (pulled in September) in a quart of water.

HOREHOUND

Horehound tea is good for coughs and chest troubles.

Infuse a good ounce of the tips of the plant in a pint of boiling water.

HOPS

Hop tea is good for persons suffering from sluggish liver, anæmia or debility. It is stimulant and stomachic.

Infuse an ounce of dried hop heads in a quart of boiling water, or the same quantity of fresh hops in a pint of water.

HYSSOP

Hyssop tea is good for the lungs and the digestion. It is said to clear the complexion.

Infuse an ounce of the dried flowers in a pint of boiling water.

LETTUCE

Lettuce tea is good for the nerves and it has been known to help people suffering from sleeplessness. There is no doubt but that the wild lettuce is stronger in its effects than the cultivated one.

Cut up three ounces of lettuce and simmer it in a pint of water for an hour. Strain the liquid through two folds of muslin. Sweeten it and drink a glass in the evening.

LIME FLOWER

Lime flower tea is another favourite French *tisane*. It is excellent taken after dinner for it is calming and digestive.

Infuse half an ounce of the dried flowers (picked in July) in a quart of boiling water for ten minutes.

MINT

Mint tea most certainly is an aid to digestion.

Four or five leaves should go to the making of each cup of the tea.

The Moors, who drink much tea, never use milk but always add a fresh leaf or sprig of mint to it.

NETTLE

Nettle tea is good for the liver and for the blood.

Infuse an ounce of the young tops in a pint of boiling water for three hours.

ORANGE FLOWER

Orange flower tea is good for the digestion. It is calming and also tonic.

Infuse a tablespoon of flowers in a pint of boiling water.

PARSLEY

Parsley tea is good for people suffering from liver trouble.

Clean, dry and crush the root in its second year having pulled it up in spring or autumn. Put two ounces in an enamel pan. Cover it with a quart of boiling water and let it simmer, closely covered, for an hour.

ROSEMARY

Rosemary tea is an excellent gastric stimulant, and it is soothing to persons suffering from chest trouble.

Pour a quart of boiling water on a third of an ounce of young leaves and flower tips.

SAGE

Sage tea is good for the nerves and for bronchitis. It is stimulating and stomachic.

“Narrow-leaved sage tea :—The virtuousest best panacea on earth.”—DELAMER, *The Kitchen Garden*, 1855.

Infuse an ounce of the fresh leaves, or half an ounce of dried ones, in a quart of boiling water.

John Wesley recommended this tea as a face-wash and a cure for sun-burn.

SAMPHIRE

Samphire tea, an infusion of the whole plant, is recommended by Nicholas Culpeper, to be taken after a drunken surfeit. It should be sweetened.

TANSY

Tansy tea is good for colds, for weakness of the digestive organs and as a stimulant.

Infuse an ounce of dried flowers in a pint of boiling water

TARRAGON

Tarragon tea is a good gastric tonic.

Infuse a handful of the leaves in a pint of boiling water.

THYME

Thyme tea is good against headache, for chest troubles and catarrhs. It is also a gastric stimulant.

Infuse an ounce of the leaves in a pint of boiling water.

YARROW

Yarrow tea is tonic and astringent, good in debility, for nervous troubles and for colds.

Infuse an ounce and a half of the flowers and very young leaves in a quart of boiling water.

CONDIMENTS

SALT

One of the most important things to serve with vegetables is pure salt. Every table should be provided with a small mill in which it is ground as required. The difference between this coarse salt and doctored kinds is as great as the difference between freshly ground coffee and coffee extract.

This coarsely ground salt is particularly good with baked potatoes.

PEPPER

Pepper was a favourite ingredient in the most expensive Roman dishes. It was used by the Saxon. Not only was it considered excellent for "stirring up appetite," but electuaries for coughs were made of it.

"It comforts and warms a cold stomach."

—CULPEPER'S *Herbal*, 1653.

It is one of our minor lazinesses to buy ground pepper from which all life and flavour quickly evaporates. Pepper should always be bought in grains—black or white. Small pepper mills should be provided for the table, a larger one for the kitchen.

It is rarely that one is given either salt or pepper in a mill in England, but to have them thus constitutes a real distinction.

MUSTARD

Tewkesbury mustard was famous in England in the sixteenth and seventeenth century. Shakespeare mentions it:—"His wit is as thicke as Tewkesburie mustard."

The discovery of how to mill the seed was made by Mrs. Clements of Durham in 1720. This brought her a fortune. George I was enchanted by its yellowness and, generally, the new mustard was a great success.

English mustard seems to me incomparably better than French, although occasionally the latter is useful for seasoning and in salad dressings.

“My Lady Holmeby makes her quick fine Mustard thus : Choose true Mustard seed ; dry it in an oven, after the bread is out. Beat and searce it to a most subtle powder. Mingle Sherry sack with it (stirring it a long time very well, so much as to have it of a fit consistence for Mustard) then put a good quantity of fine Sugar to it, as five or six spoonfuls, or more, to a pint of Mustard. Stir and incorporate all well together. This will keep good a long time. Some do like to put to it a little (but a little) of very sharp Wine-vinegar.”

—*The Closet of Sir Kenelm Digby Opened*, 1669.

“Against the lethargy. Mustard layed to the Head first shaved.”—LEONARD SOWERBY, *Ladies Dispensatory*, 1652.

“The juice (of mustard) taken divers mornings fasting doth procure a good memorie.”

—JOHN EVELYN, *Acetaria*, 1699.

“A cure for Vertigo. Take every morning, half a drachm of mustard seed.”—JOHN WESLEY, *Primitive Physic*, 1763.

“To prevent Chopy Hands. Wash them with flour of mustard.”—*Ibid.*

VINEGAR

Our ancestors used some fanciful kinds of this essential condiment.

ROSE VINEGAR

“Take red roses in summer time and nip off the white parts and fill a glass phial with them. Place this said phial in the sun all day long and when you see that the buds begin to shrink, add others. Then stopper the phial so that no breath can escape from it through summer until the end of September. Every evening, as soon as the sun sets, take up the phial and bring it indoors, but put it back in the sun every morning. By its strength the buds will grow smaller in the said phial and become vinegar which will be the best that can be. And all through the winter keep your phial in a dry place.”

—BAPTISTE DE CAVAGIOLES, *Circa* 1550.

ROSE VINEGAR

“Her vinegar was made from the strongest ale that may be left in the summer’s sun till it be sowr. Then to a hogshead, the leaves of 500 Damask Roses are sacrificed to be rotting for the Space of a month.”—GERARD’S *Herball*, 1597.

MALAGA RAISIN VINEGAR

“To every gallon of spring water, let there be allowed 3lbs. of Malaga-Raisins. Put them in an earthen Jar and place them where they may have the hottest sun from May till Michaelmas. Then pressing them well Tun the Liquor up in a very strong iron-hoop’d Vessel to prevent it bursting. It will appear very thick and muddy when newly pressed but will refine in the vessel and be as clear as wine. Thus let it remain untouch’d for three months before it be drawn off and it will prove excellent Vinegar.”

—JOHN EVELYN, *Acetaria*, 1699.

Malt vinegar must never be used for a salad dressing or for any delicate cooking.

Cider-vinegar is good for making pickles.

A good wine vinegar is excellent for most purposes. Mild tarragon vinegar can be bought and is delicate and excellent in flavour. It can easily be made at home.

MINT VINEGAR

Wash and blanch a handful of mint leaves. Put them in a bottle. Fill it up with wine vinegar and infuse, closely covered, for two weeks. Strain and bottle.

TARRAGON VINEGAR

Take a tea-cupful of fresh tarragon leaves. Infuse them in a quart of the best wine vinegar for a fortnight. Then strain it, put it into small bottles and keep in a cool, dry place.

SHALLOT VINEGAR

Cut three shallots into quarters. Add to them a few coarsely crushed black peppercorns, a bay-leaf, some thyme and a piece of garlic, if you will. Pour boiling white vinegar over them. At the end of an hour, strain and bottle.

OIL

Buy the best olive oil only. Avoid any preparation made from *arachides* or ground nuts : however clear it looks, it lacks flavour. Good wine merchants and the very best grocers supply the best oil. It cannot be found haphazard.

SPICES

I am of Sir John Hill's opinion concerning the spices which were so popular in Tudor days :—

“ As for spices, God assigned those for the countries where they grow ; with us they have continually disagreed.”

At the same time they are useful in pickles and a touch of nutmeg does not come amiss with certain vegetables.

The flavour of a clove is also useful. But for the rest, as far as vegetables are concerned, they can be dismissed.

TO PRESERVE VEGETABLES

This is an old practice. Apicius writing in the reign of the Emperor Trajan says :—

“ Choose them before they are perfectly ripe, put them in a vessel coated with pitch, and cover hermetically.”

TO BOTTLE VEGETABLES

Put the washed and prepared vegetables into boiling water for a few minutes. Take them out, drain off all the water and then run cold water through them. Drain again.

(Certain French cooks prefer to do without this preliminary blanching, contending that it takes from the flavour of the vegetables. It is a matter to be decided for oneself—after experiment.)

Those who can afford to buy a bottling apparatus will be given full directions with it. The advice given below is for those who make shift with a pan large enough to hold the bottles containing vegetables. This pan (a pail will do) must be wide enough to hold the bottles lying down, or deep enough to let them stand covered with water.

Whenever possible use bottles fitted with patent tops. If these are not available any kind of bottle with a sufficiently large mouth may be utilised. They must be firmly corked. Old corks should be sterilised by putting them in cold water and letting it come slowly to the boil when they can be removed and dried.

Fill absolutely clean bottles or jars with the vegetables, press them down and cover them with slightly salted water that has been previously boiled. Fix on the patent tops, or cork them firmly.

Put old cloths, or straw at the bottom of the pan or pail. Wrap the bottles in cloths, or wedge them apart with pieces of wood or straw.

Fill the pan with cold water. Bring it slowly to the boil—this should take quite half an hour. The time reckoned for sterilising vegetables is counted from the moment the water boils. When this has elapsed, take the pan off the fire. When the water has cooled sufficiently for the hand to bear it, take out the bottles. Unwrap them and stand them on wood, never on stone or marble, well away from any draught.

When they are cold, dip the corks, if any have been used, into hot wax. Mrs. Earle in her *Pot-pourri from a Surrey Garden* gives a receipt for making it which is excellent. "Take two parts of bees-wax, one of resin, one of Venetian red. Melt and mix together, but do not let the mixture boil."

Certain vegetables only are worth preserving. Spinach should be eaten fresh and young: cauliflowers or broccoli are always to be bought and are, therefore, not worth bottling: macedoines of vegetables can always be made of fresh, even if old, vegetables.

ARTICHOKE BOTTOMS

Prepare the artichoke bottoms (see p. 78). Cook them for ten minutes in boiling water to which you have added the juice of a lemon—for ten bottoms. Take them out of the water, put them in the bottles and proceed as directed. Sterilise in the pan for an hour.

FRENCH BEANS

The little French beans so common abroad are excellent for bottling. The big ones are not worth preserving in this way, though they may be kept in salt through the winter (see p. 101).

Top and tail the beans. Wash them and dry them. Put them into bottles, shaking them down as much as possible. Sterilise for about an hour and a half.

YOUNG CARROTS

Though one can buy old carrots at any time of the year, it is well worth preserving the tender young ones.

Cut off the tip and a piece from the bottom of each carrot, rub or scrape off the skin. Blanch for ten minutes. Wash them in cold water.

Put the carrots into big bottles with a little salted water. Sterilise for one and a half to two hours.

GREEN PEAS

Let the peas be very young, tender *and all of a size*. Blanch them in boiling water for five minutes. Drain them and pour cold water through them. Drain them again, very thoroughly.

Put them into bottles, shaking them well so that they settle down. Cover them with slightly salted cold boiled water. Proceed as directed, sterilising them for an hour and a half. (Very small peas will take an hour only.)

OTHER WAYS OF PRESERVING VEGETABLES

TO SALT BEANS

Cut the ends of tender young beans, French or Scarlet runners. String them. Wash them and let them dry.

Blanch them in boiling water for five minutes. Let them get cold, having drained them well.

Take a large wooden tub or a very big earthenware pan. Sprinkle a layer of coarse salt in it. Then put a layer of beans. Continuing this alternation till the tub is full.

Press the beans down with a lid of wood which has been made to fit into the tub or bowl.

These beans will have a very unpleasant appearance when

they are taken out of the brine. They should be washed to rid them of the sliminess which coats them and then be soaked for at least twelve hours in fresh water, changed twice.

Cook them in unsalted water and they should be very good.

TOMATOES

This way of preserving tomatoes fresh is worth an experiment. I have not been able to try it.

Pick branches of tomatoes between the time when they are green and when they redden: that is to say they must be slightly coloured only. Leave them as they are, on their main stems. Seal the end of each with wax.

Place the tomatoes on a grid, raising it up a little, so that the stems can go through the spacing and hang down.

Keep the tomatoes in a cool place where the frost cannot touch them. In about two months they will be ripe. During this time watch them carefully. Should any ripen, use them. Any that seem to be going bad should be thrown away at once.

DRIED MUSHROOMS

Clean but do not peel the mushrooms. Blanch them for a few minutes. Drain them thoroughly.

Put them on a large grid in a very moderate oven and dry them. String them on thread. Make muslin bags and put the mushrooms in them. Hang them up. They will keep for several months.

Dried mushrooms, morels and cèpes should be soaked for an hour before they are cooked.

MUSHROOMS PRESERVED IN BUTTER

Mushrooms are prepared in the following way in Sweden, and will keep for some time.

Wash, peel and cut up a number of mushrooms. Cook

them in plenty of butter over a quick fire for about ten minutes

Put them into china pots or glass jars with the butter in which they were cooked. If this does not completely cover them, add more clarified butter.

Cover them closely and keep in a cool dry place. They will last for several weeks.

PICKLES, CATSUPS, etc.

TO PICKLE WALNUTS

“Take walnuts att their full bigness before the shells are hard so that you may easily run a pin through them, and cut a little hole in the side and pick the kernell out. Then put them into a kettle of water and let them hang over a gentle fire for three quarters of an hour, but not quite boyle. Then put them into water and salt and let them lye nine days. Then take some Garlick, Shelot, mustard seed, Nutmeg, Mace, Cloves, peper, Ginger and beat together in a Morter and with that the kernels of the walnut. Then take some Vinegar and boyle it a little with hollspice and little garlick and shalot and let it stand till it is cold, and then put in your Walnuttts to keep for your use.”—*The Receipt Book of Ann Blencowe*, 1694.

DILL AND COLLY-FLOWER PICKLE

“Boil the Collyflowers till they fall in Pieces ; then with some of the Stalk and worst of the Flower, boil it in a part of the Liquor till pretty strong. Then being taken off, strain it ; and when settled, clean it from the bottom. Then with Dill, gross Pepper, a pretty quantity of Salt, when Cold add as much Vinegar as will make it sharp, and pour all upon the Collyflower.”—JOHN EVELYN, *Acetaria*, 1699.

TO PICKLE NASTURTIIUM SEEDS

“Gather your little knobs quickly after your Blossoms are off ; put them in cold water and salt for three days, shifting them once a day ; then make a pickle (but do not boil it at all)

of some white wine, echallot, horseradish, pepper, salt, cloves, and mace whole and nutmeg quartered ; then put in your seeds and stop them close ; they are to be eaten as capers.”—E. SMITH, *The Complete Housewife*, 1736.

GENERAL DIRECTIONS FOR MAKING PICKLES

Use wine-vinegar whenever possible. (But Creole cooks like cider-vinegar for most pickles and consider it superior to any other for the purpose.)

Make pickles in earthenware or enamel-lined pans.

Use wooden spoons for stirring.

Add a little grated horseradish to your pickles. It will help to prevent fermentation.

Keep pickles in glass or stone jars, covered with bladder tightly tied down or with patent stoppers or sealed corks. Put them in a dry dark place.

BEETROOT AND HORSERADISH PICKLE

Cut up several beets into small dice. Add to two medium-sized beets two tablespoons of finely grated horseradish and several peppercorns.

Cover the beetroots with vinegar. Put into closely covered glass jars. They will keep for some weeks.

CAULIFLOWER PICKLE

Remove the stump and the leaves from two or three fine heads of cauliflower. Boil them in unsalted water until they are tender but not mushy. Take them out, drain them carefully and divide them into small pieces.

When the cauliflower is dry, pack it into bottles.

Mix a tablespoonful of dry mustard with a pint of vinegar or double the quantity with a quart. Bring it to the boil. When it has cooled a very little, pour it over the cauliflower. Cover closely.

CUCUMBER PICKLE

12 peeled cucumbers.

4 green peppers with their seeds removed.

4 onions.

Chop all these, but not too finely. Add a small cup of salt and leave over night. Drain the mixture thoroughly in the morning, put it in a large basin or crock, and add :—

1 cup of West Indian sugar

1 cup of grated horseradish

2 tablespoons of mustard seed

2 tablespoons of celery seed.

Pour sufficient boiled vinegar (about a pint) over the mixture to cover it. Leave it for six weeks in the crock, stirring it occasionally. Then put it in bottles.

—MISS REID.

GREEN TOMATO CHUTNEY

7 lbs. of green tomatoes

1 lb. onions

1 lb. brown sugar

1 oz. mustard seed.

$\frac{1}{2}$ oz. black pepper.

A teaspoon of cayenne

A teaspoon of dry mustard

$\frac{1}{2}$ oz. mixed spices ground

1 oz. celery seed.

Blanch the tomatoes in boiling water and skin them. Slice them finely and press out most of the seeds.

Slice the onions.

Put both onions and tomatoes on a big hair sieve or in a large cullender, sprinkling them with salt. Let them drain over-night.

Put all the ingredients in a preserving pan, mixing the dry mustard with a little vinegar.

Cover with vinegar, bring to the boil and simmer for about fifteen minutes.

Put into glass jars and cover closely, adding a little grated horseradish to each.—E.N.

A MIXED PICKLE

3 lbs. of red tomatoes

3 lbs. of green tomatoes.

A small Savoy cabbage

Two Spanish onions

Two green peppers

Two red peppers

A head of celery

Six ounces of brown sugar

One dessertspoon of mustard seed.

A little mixed spice

Two ounces of grated horseradish.

Blanch the tomatoes, both red and green, and remove the skins. Slice them, pressing out some of the seeds. Slice the onions and the peppers. Salt all well and leave them on sieves or in cullenders to drain overnight.

Chop all these vegetables finely. Put them in a preserving pan, together with the horseradish, seasoning and spices. Cover with vinegar. Bring to the boil and simmer for half an hour. Skim from time to time.

Put in glass bottles while still hot, standing them on hot cloths to prevent them from cracking. Cover tightly and keep in a cool dry place.

NASTURTIUM SEED PICKLE

Gather the seeds in dry weather when they are green and young. Wipe them with a cloth and put them into weak brine for two days and nights. Then drain them and put them into fresh water for twelve hours. Drain them again

and pack them into bottles together with a little grated horse-radish, but do not quite fill the bottles.

Boil up some white wine-vinegar with a little salt, half a dozen peppercorns and half a teaspoonful of mixed spice to the pint of vinegar.

Strain the vinegar while hot into the bottles. When it is cold, cover them closely.

Nasturtium seeds can be used instead of capers in sauces, etc.

PICKLED ONIONS

Take a quart of small button onions of equal size. Peel them under water, using a silver knife to prevent discolouration. Drain and dry them.

Put them into cold salted water. Bring them to the boil. Let them simmer for five minutes. Take them out and drain them. Leave them in cold water over night. Drain them again.

Boil a quart of white wine-vinegar with a teaspoonful of mixed spices, a tablespoon of white peppercorns, three cloves, and a little salt. Then add a few sprigs of tarragon. Simmer for five minutes. Take out the tarragon.

Pack the onions in glass jars. Pour the vinegar over them. Keep the pickle for a month before you use it.

PIMENTO PICKLE

Chop, in equal quantities, green and red pimentos (peppers) sufficient to make three pints, having discarded the seeds and the walls of the sections. Add to them half a pint of finely chopped Spanish onion.

Put peppers and onions into cold water and bring it to the boil. Strain off the water and let the vegetables drain thoroughly.

Put them back into the pan with a tablespoon each of celery and mustard seed and salt, four tablespoons of brown

sugar and two of grated horseradish. Add three-quarters of a pint of white wine vinegar. Bring to the boil and simmer for twenty minutes. Skim well.

Put into glass bottles and cover closely.

RED CABBAGE PICKLE

Slice the heart of a sound red cabbage very finely, having removed any hard ribs.

Put it in a bowl, sprinkling salt between the pieces. Leave it for two days, then turn it on to a sieve, a little at a time, and run cold water through it. Drain it well.

Take a pint of tarragon vinegar. Put it in a pan with a chopped onion, a bay-leaf, half a dozen peppercorns. Bring it to the boil. Pour it into a basin and leave it for several hours. Strain off the vinegar.

Boil up the vinegar again and pour it over the cabbage to which some grated horseradish should be added.

When the cabbage pickle is cold, put it into jars and cover them.

This pickle is ready for use in a couple of days. It does not keep at its best for long and should be made in small quantities.—L.A.

TOMATO CATSUP

1. *An early nineteenth century Receipt.*

Take tomatoes full ripe, bake them in a flat dish in a slow oven, when done put through a sieve.

To every pound put one quart of tarragon vinegar, and one ounce of garlic and the same quantity of sliced shallot, half an ounce of white pepper ground, and half an ounce of salt.

Boil the whole altogether till tender, then rub through a sieve. To every pound add the juice of three lemons. Boil all again till as thick as cream. When cold, bottle and keep in a dry cool place.

2. *An excellent 1880 Receipt.*

6 tins tomatoes
1 onion and a clove of garlic
4½ ozs. salt
4 ozs. whole cloves
2½ ozs. mustard powder
3 ozs. brown sugar
2 teaspoons ground pepper
2 teaspoons ground cinnamon
¼ teaspoon cayenne
¼ pint vinegar
Large bottle Worcester sauce.

Boil and sieve the tomatoes with the onion and garlic. Set them aside for twenty-four hours. Add the rest of the ingredients. Put them in a preserving pan, bring them to the boil, and simmer gently for half an hour.

Bottle whilst hot, standing the bottles on hot cloths whilst you pour in the catsup. (This will prevent them from cracking.) Cover them with vegetable parchment, using strong carpet thread to tie them down.—E.G.

MUSHROOM ESSENCE

Cut off the tips of the stems of the mushrooms. Chop them. Put a layer of them in an earthenware pan—about two inches deep. Sprinkle them with salt.

Make a second and a third layer in the same way.

Set the mushrooms aside for about four hours which will give the salt time to penetrate them and make them friable.

Take a wooden spatula and crush the mushrooms with it.

Repeat this operation several times during the next forty-eight hours, then add half an ounce of ground white pepper to every quart of mushrooms which by this time should be reduced to a purée.

Cover the pan with its lid, put it in a *bain-marie* (p. 15), heat the water and keep it gently boiling for two hours.

Take the pot off the fire. Put the contents through a hair sieve. Boil up the very liquid purée : then set it aside for twenty-four hours. Strain it and put it into small bottles adding a pinch of spice and a tablespoon of brandy to each. Cork well.

This essence will keep for a year.

—M. RENAUDET, *Secrets de la Bonne Table* (Albin Michel).

JAMS AND JELLIES

TOMATO JAM

Scald a number of tomatoes and remove their skins. Cut them in half and press out the seeds as much as possible. Chop them. To every quart of chopped tomatoes, allow half a lemon, using both the rind and the pulp. Cut the lemons in very thin slices, and carefully remove all rind and pips.

Boil lemons and tomatoes together unsweetened till they make a thick purée, stirring all the time to avoid burning.

Take the purée off the fire and as soon as possible measure it. Add one pound of sugar to every pint of it.

Put the jam back on the fire, bring it to the boil and let it cook for a minute or two. Pour into glass jars and seal.

—GRANDMOTHER BREWSTER'S *Receipt*, 1840.

SWEET TOMATO JELLY

Cut ripe tomatoes into small pieces and stew them in enough water to prevent them from burning. Strain them through a jelly bag.

Add sugar in the proportion of one pound to the pint of tomato juice. Boil until it jellies. Bottle for use.

This jelly is served with meat.

VEGETABLE MARROW JAM

Choose well-ripened marrows. Wash, dry and peel them. remove the seeds and cut them into pieces about an inch square.

Put eight pounds of cut marrow into an earthenware pan

together with eight pounds of sugar, the juice and finely-pared rind of four large lemons. Put quarter of a pound of whole ginger and a few red pepper corns in a muslin bag and add it to the rest of the ingredients. Set aside for twenty-four hours. Then put into a preserving pan with a little water and cook very gently for about an hour and a half, having removed ginger and pepper corns at half time.

—MISS. GWYNN.

THE SIGNIFICATION OF VEGETABLES WHICH APPEAR IN DREAMS

Taken from RICHARD FOLKARD'S *Plant Lore*, 1884.

CUCUMBERS

To see cucumbers in a dream denotes that you will speedily fall in love. Or, if you are not in love, that you will marry the object of your affection.

DANDELION

To see dandelions in your dream betokens misfortune, and deceit on the part of your loved ones.

GARLIC

To dream that you are eating garlic denotes that you will discover hidden secrets and meet with some domestic jar.

To dream that there is garlic in the house is lucky.

HYSSOP

To dream of hyssop portends that friends will be instrumental in bringing you peace and happiness.

LENTILS

To dream of lentils will bring sorrow and anxiety.

LETTUCES

To dream of lettuce in salads is said to portend trouble, and difficulty in the management of your affairs.

MUSHROOMS

To dream of mushrooms denotes fleeting happiness : to dream you are gathering them, fickleness in lover or consort.

NETTLES

To be stung by nettles in a dream means vexation and disappointment. To dream you are gathering them, happiness, approval and concord.

OLIVES

To dream of olives portends concord, liberty and dignity.

PARSLEY

If you dream that you are picking parsley, it portends that you will be crossed in love. If, on the other hand, you dream that you are eating it, you will shortly hear good news.

PUMPKINS

To dream of pumpkins is a very bad omen.

RAMPIONS

To dream of rampions means an impending quarrel.

TURNIPS

To dream of turnips means fruitless toil.

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